

DELIGHTS
FOR
LADIES,
TO
ADORNE THEIR
*Persons, Tables, Closets,
and Distillatories ;*
WITH
*Beauties, Banquets, Perfumes,
and Waters.*

Reade, practise, and censure.

LONDON,
Printed by H.L. and R.T. and are to
bee sold by *James Boler,*

1628.

DELIGHTS

FOR

LADIES

TO

ADORN THEIR

Person, Tables, Closets,
and Dressing Rooms;

WITH

Receipts, Receipts, Receipts,
and Receipts.

Receipts, Receipts, and Receipts

LONDON

Printed by W. and A. Smith,
and sold by James Baker,

1788.



To all true Louers of Art and
Knowledge.

Sometimes I write the formes of burning bals,
Supplying wants that were by woodfals
Sometimes, of tubs defended so by art, (wrought;
As fire in vaine hath their destruction sought.
Sometimes I write of lasting Reuerage,
Great Neptune and his pilgrims to content;
Sometimes, of food, sweet, fresh, and durable,
To maintain life, when all things else were spent.
Sometimes I write of sundry sorts of soyle,
Which neither Ceres nor her handmaids, knew.
I write to all: but scarcely one beleuees. (true.
Saue Diue & Denshire, who haue found them
When heauen did mourn, in cloudy mantles clad,
And threated famine to the sons of men:
When sobbing earth deny'd her kindly fruit,
To painfull plough man and his bindes yuen then
I write, relieuing remedies of dearth.
That Art might helpe, where nature made a faile;

THE EPISTLE.

But all in vaine : these new torne babes of Art,
In their untimely birth straightway doe quail.
Of these or such like other new-found skils,
With painfull pen, I whilome wrought as large;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now my pen and paper are perfum'd :
I scorn to write with copresse, or with gall :
Barbarian Canes are now become my quils :
Rose-water is the inke I write withall.
Of sweets the sweetest I will now commend
To sweetest Creatures that the earth doth beare :
These are the Saints to whom I sacrifice
Preserues and conserues both of plum and peare,
Empaling now a diew : tush, marchpane wals
Are strong enough, and best besit our age.
Let piercing bullets turne to sugar bal,
The Spanish feare is hush, and all their rage.
Of Marmelade, and paste of Genua,
Of musked sugar I intend to write,
Of Leach, of Sucket, and Quidinea,
Affording to each Lady her delight.
I teach both fruits and flowers to preserue,
And candy them ; so Nutmegs, Cloues & Mate ;
To make both Marchpane paste, and sugerd plate,
And call the same in formes of sweetest grace.
Each bird and fowle so moulded from the life ;
And after, cast in sweet compounds of Art,

As

THE EPISTLE.

As if the flesh and forme which nature gave,
Did still remaine in every lim, and part,
When crySTALL frost hath nipt the tender grape,
And cleane consum'd the fruits of every vine,
Yet here behold the clusters fresh and faire,
Fed from the branch, or hanging on the line,
The Walnut, small nut, and the chesnut sweet,
Whose sugred kernels lose their pleasing taste,
Are here from yeere to yeere preserved meet,
And made by Art with strongest fruits to last.
The Artichoke, and th' Apple of such strength,
The Quince, Pomegranate, with the Barbarie,
No sugar vs'd, yet colour, taste and smell,
Are here maintain'd and kept most naturally.
For Ladies closets, and their distillatories,
Both waters, ointments, and sweet smelling bals,
In easie tearms without affected speech,
I here present most ready at their calls.
And lest with carelesse pen I should omit
The wrongs that nature on their persons wrought,
Or parching Sun with his hot fierie rayes,
For these likewise relieuing means I sought.
No idle thoughts, or vain surmised skils,
By fancy fram'd within a theoricke brain,
My Muse presents vnto your sacred eares;
To win your fauours falsely, I disdain.
From painefull practice, from experience,
I sound, though costly, mysteries deriue.

THE EPISTLE.

With fiery flames, in scorching Vulcan's Forge,
To teach and fine each Secret, I do strine,
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps awhile.
So, when she wakes, she happ'ly may record
Her sweetest dreames in some more pleasing stile.

H. PLAT.

The Table.

CON Good Reader, for the understanding
of this Table, know, that a, b, c, d,
do give directions unto the foure severall
parts or treaties of this booke; (a) for the
first, the rest in their order.

A s Nula Campana rootes preserved	a, 1
Almonds in leach.	a, 27
Almond butter to make	a, 57
Almonds into gelly.	a, 58
Aligar distilled	b, 16
Apples kept dry all the yeere	a, 47
Aqua rubea.	b, 7
Aqua composita of D. Stevens	b, 8
Artichokes kept long.	a, 69
B ags sweet to lye among linnen	d, 38
Ball to take out staines	d, 3
Balk to wash with	d, 8
Balne water	b, 5
Beaumanger	c, 11
Beefe roasted kept long	c, 18
A 4	Beefe

The Table.

Beefe powdered, kept long without charge	d, 19
Beefe fresh at the sea	c, 20
Beauty for the face	d, 7, 14
Bisket bread, or French bisket	a, 19
Bisket called Prince bisket	a, 20
Bisket called Biskettello	a, 21
Bloud of herbs	b, 21
Borage candied	a, 11
Bottling of Beer truly	c, 7
Bottles mustie helped	c, 28
Bottle Ale most excellent	c, 32
Brawn to eat, tender & delicate	c, 13
Broom capers preserued	a, 37
Broyling without smoke	c, 26
Bruise helped	d, 24
Butter tasting of spice or flowers	a, 21
C	
Akes sweet without spice or sugar	a, 6
Candying of flowers	a, 53
Candying in rock candy	a, 33, 42
Candying of Orenge pils	a, 35
Candles for Ladies tables	c, 39
Candles	

The Table.

Candles hanging in the aire	c, 40
Capers of broom preserved	a, 37
Capon boyled in white broth	c, 5
Casting in sugar plate	a, 13
Casting of sugar in party moulds	a, 43
Casting and moulding of fruit	a, 44
Cherries preserved	a, 8
Cherry pulp kept dry al the yeer	a, 45
Cherries dried in the Sun	a, 46
Cheese extraordinary	c, 22
Chestnuts kept long	a, 73
Chilblanes helped	a, 15
Chine of veale or chicken boiled	c, 10
Cinamon water	b, 10
Collis white, and like gelly	a, 55
Comfits of all sorts	a, 54
Conserus of prunes or dāsons	a, 50 51
Conserue of Strawberries	a, 51
Cowcumbers preserved	a, 36
Cowflep paste	a, 40
Cowflep water, or vinegar of the colour of the Cowflep	a, 34
Crayfish kept long	c, 31
Cream clowted	c, 23

A. 5

Damask

The Table.

D Amask powder	d, 19
D amsons in Marmelade	a, 31
D amson pulp kept all the yee	a, 45
D amsons in conferue	a, 50, 52
D entifrices for the teeth	d, 26
D istillation of hearbs in a new man- ner	b, 11
D rying of fruits in the Sunne	a, 46
E	
E Glantine water	b, 20
E ringo rootes preserved	a, 1
E xtract of vegetables	b, 19
F	
F ace spotted or freckled, to helpe	d, 6, 23
F ace made faire	d, 7, 14
F ace full of heat, helped	d, 11, 16, 17 18, 19, 20, 21
F ace kept white and cleere	d, 12
F ish into paste	c, 14
F ish fryed, kept long	c, 17
F lesh kept sweet in Summer	c, 24
F lies kept from oyle petces	c, 30
F lounder	

The Table:

Flounder boyled on the French fashion 2, 63

Flowers preserved 2, 7

Flowers candied 2, 9, 11

Flowers in rocke candy 2, 42

Flowers dried without wrinkling 2, 63

Fruit preserved 2, 8

Fruit how to mould and cast 2, 44

Fruit kept dry all the yeare 2, 45, 46

Fruit kept long fresh 2, 70

Gelly chrystalline 2, 16

Gelly of fruits 2, 19

Gelly of Almonds 2, 58

Gilliflowers kept long 2, 61

Gilliflowers preserved 2, 7

Gilliflower water 2, 20

Ginger-bread 2, 22

Ginger-bread dry 2, 23

Ginger in rock candy 2, 33, 42

Ginger green in sirup 2, 49

Ginger candied 2, 53

Gloues

The Table.

Gloves to perfume d,34

Goose berries preserved a,8

Grapes growing all the yeere a,62

Grapes kept till Easter a,64

H Andwater excellent d,2.28

Hands stained, to help d,5

Hands freckled, to help d,6

Hand water of Scotland b,21

Hassell nuts kept long a,72

Haire black altered d,30.37

Haire made yellow d,36

Herbs distilled in a new manner b,11

Herbs to yeeld salt b,12

Herbs to yeeld blond b,22

Hony to yeeld spirit b,13

Rish Aqua vita b,2

Rosop distilled in a new manner b,11

Inyce of Orenge or Lemmons kept

all the yeer c,35

Rumholes to make a,16

L Arks to boyle c,4

Laender

The Table

Lauender distilled in a new manner	
Leach of Almonds	a, 27
Leach	a, 59
Leg of Mutton boyled after the French fashion	c, 7
Lemmons in Marmelade	a, 41
Lemmon moulded and cast	a, 44
Lemmon iuyce kept all the year	c, 35
Lettuce in sucket	a, 32
Liquerice paste	a, 40
Lobsters kept long	c, 1
M	
Mace in rock candy	a, 42
Mallard to boyle	c, 6
Marchpane paste	a, 12, 18
Marigolds preserved	a, 7
Morigolds candied	a, 9, 11
Marigold paste	a, 40
Marmelade of quinces or dāsons	a, 30
Marmelade of Lemmons or Orenge	a, 47
May-dew clarified	a, 33
Morphew helped	d, 21, 22
Mulberries	

The Table.

Mulbberies in gelly	a,29
Musk sugar	a,2
Mustard meale	c,25
Mustinesse helped or preuented in waters	b,24

N

N utmegs in rock candy	a,33,43
Nutmegs candied	a,34
Nuts moulded and cast off	a,44
Nuts kept long	a,72

O

O ranges preserved	a,34
Oreng pils candyed	a,35
Orenges in marmelade	a,41
Oreng moulded and cast off	a,44
Oreng iuyce kept all the year	c,35
Oisters kept long	c,15

P

P aste of flowers	a,14,40
Paste of Nouie	a,15
Paste to keep one moist	a,17
Paste called pufte paste	a,24
Paste short without butter	a,23
Paste of Genua of Quinces	a,33
	Paste

The Table

Paste of fish	c, 14
Peare moulded and cast off	a, 44
Peares kept dry	a, 47
Perfumes delicate, and sodainly made	d, 31
Perfuming of Glones	d, 34
Pickrel. boyled. on the french fashion	c, 3
Pigeons of sugar paste	a, 10
Pigeons boyled with Rice	c, 9
Pigge to sowse	c, 12
Piggspetitoes boyled after the french fashion	c, 8
Plums preferued	a, 8
Plams dryed in the Sunne	a, 46
Romanderto make	d, 4
Romander renewed	d, 32
Pomatum most excellent for the face	d, 13
Pomegranats kept long	a, 68
Preseruing of roots	a, 1
Preseruing of Cowcumbers	a, 36
Prunes in conserue	a, 50, 52
Pulp of fruite kept all the year	a, 45
Quidinia	

The Table.

Q Vidinia of Quinces	a, 28
Q Quinces into paste of genua	a, 30
Q Quinces in Marmelade	a, 32
Q Quinces kept dry all the yeer	a, 47
Q Quinces kept long	a, 67
R Abbets of sugar paste	a, 10
R Raspices in gelly	a, 49
R Roots preserved	a, 51
R Roots candied	a, 53
R Rosa solis to make	b, 6
R Rosemary flowers candied	a, 9
R Rose-leaves to dry	a, 36
R Rose sirup	a, 5
R Roses preserved	a, 7
R Roses and Roseleaves candied	a, 9. 11
R Rose paste	a, 40
R Roses kept long	a, 61
R Roseleaves dryd without wrinkles	a, 63
R Rosewater distil'd at Michaelmas	b, 14
R Rosewater distilled in a speedy manner	b, 15
R Roses to yeeld a spirit	b, 17
R Rose	

The Table

Rose-water most excellent	Job, 18
Rose-water and yet the Rose-leaves not discovered	Job, 23
Rose-water and oyle drawn together	b, 25
Rose-water of the colour of the Rose	c, 34
Rose-vinegar of the colour of the Rose	c, 34
Rose-vinegar made in a new manner	c, 41
S	
Sallet oyle purified and graced in taste and finell	c, 36
Salmon kept long fresh	c, 16
Salt of herbs	b, 12
Salt delicate for the table	c, 38
Sawfedges of Polonia	c, 14
Sirup of Violets	a, 4
Sirup of Roses	a, 5
T	
Sparrowes to boyle	c, 4
Spirit of wine extraordinary	b, 1
Spirits of wine ordinary	b, 2
Spirits of spices	b, 3
	Spirit

The Table.

Spirit of wine tasting of any vegetable	b, 4
Spirit of hony	b, 13
Spirit of herbs and flowers	b, 17
Skin white and cleer	d, 2
Sun-burning helped	d, 21
Stone to sweat in	d, 27
Strawberries in gelly	a, 29
Strawberries in conserue	a, 51
Sucket of Lettuce stalks	a, 32
Sucket of green Walnuts	a, 49
Sugar musk	a, 2
Sugar paste for foule	a, 10
Sugar plate to cast in	a, 13
Sugar plate of flowers	a, 14
Sugar plate to colour	a, 38
Sugar cast in party moulds	a, 43
Sugar smelling & tasting of the clove or cinamon	a, 71

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T Eale to boyle	c, 6
Teeth kept white & found	d, 10
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Thyme distilled in a new maner	b, 11
	Trosses

The Table

Troffes for the Sea	a,39
V	
VInegar distilled	b,16
Vinegar to clarifie	c,37
Violet sirup	a,4
Violet paste	a,40,41
Violet water, or vinegar of the colour of the Violet	c,34
Vsquebath	b,9
W	
WAsers to make	a,56
Walnuts in sucket	a,49
Walnuts kept fresh long	a,65,66
Wardens kept dry all the year	a,47
Washing water sweet	b,21.d,2,28,29
Whites of eggs broken speedily	c,29
Widgen to boyle	c,6
Wine, tasting of wormwood, made speedily	c,33
Y	
YTch helped	d,25

FINIS.

The Table

Truffles for the sea

V

Vinegar distilled

Vinegar to clarify

Violet syrup

Violet paste

Violet water, or vinegar of the co-

lour of the Violet

Viducath

W

Walrus to make

Walrus in bucket

Walrus kept fresh long

Walrus kept dry all the year

Washing water sweet

Whites of eggs broken speedily

Widger to boyle

Wine, taling of wormwood, made

speedily

Y

Ych helped

FINIS

The Art of Preseruing, Conseruing, Candy- ing, &c.

1. How to preserue Evingo roots, *Annula campana*, and so of others in the same manner.

Seech them till they be tender: then take away the piths of them, & leaue them in a colander till they haue dropped as much as they will: then hauing a thin sirup ready, put them being cold into the sirup beeing also cold, and let them stand so three daies, then boyle the sirup (adding some more fresh sirup to it; to supply that which the rootes haue drunke vp) a little higher: and at three daies end, boyle the sirup againe without any new addition, vnto the full height of a preseruing sirup, and put in your rootes, and so keep them. Rootes preserued

The Art of preserving,
preserved in this manner, will eate
very tender, because they neuer
boyled in the sirup.

2. *How to make musk-sugar of com-
mon sugar.*

BRuise 4 or 6 graines of Muske :
place them in a piece of Sarce-
net, fine Lawn or Cambrick dou-
bled : lay this in the bottome of a
gally pot, strewing your sugar there-
on : stop your pot close, and all the
Sugar in a few daies will both sent
and taste of Muske : and you may
lay more sugar thereon, when you
haue spent that sugar, which will
also receiue the like impression.
Such Musk-sugar is sold for two
shillings the pound.

3. *How to dry Rose-leaves in a most
excellent manner.*

VVhen you haue newly taken
out your bread, then put
in

Conseruing, candying, &c.

in your Roses in a siue, first clyp-
ping away the whites, that they
may be all of one colour: lay them
about one inch in thickeesse in
the siue; and when they haue stood
halt an houre, or thereabout, they
will grow whitish on the top: let
them yet remaine without stirring,
till the vppermost of them be fully
dried: then stirre them together,
and leaue them about one other
halfe houre: and if you finde them
dry in the top, stirre them together
again, and so continue this worke,
vntill they be thorowly dried: then
put them, hot as they are, into an
earthen pot, hauing a narrow
mouth, and being well leaded with-
in (the Refiners of gold and siluer,
call these pots, Hookers): stop it
with corke and wet parchment, or
with wax & rolin mixed together;
and hang your pot in a chimney, or
neere a continuall fire, and so they
will keep exceeding faire in colour,
and most delicate in sent. And if
you

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you feare their relenting, take the Rose-leaves about Candlemas, and put them once againe into a sieue, stirring them vp and downe often till they be dry: and then put them vp againe hot into your pot,

Note, that you must set vp your ouen lid, but not lute it about when you set in your roseleaves, either the first or second time. *Part, numero 6.*

4. A most excellent sirup of Violets, both in taste and tincture.

Expresse the iuyce of clipt Violets, and to three parts of iuyce take one fourth part of conduit water: put the same into an Alabaster mortar, with the leaues which you haue stamped, and wring the same out thorow a cloth, as you did at the first, into the other iuyce: put thereto a sufficient proportion of the finest Sugar

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ger and brought also into a most fine powder: let the same stand 10 or 12. houres in a cleane glased earthen pan: then drain away the clearest, and put it into a glasse, and put thereto a few drops of the iuice of Lemmons, and it will become cleer, transparant, & of the violet colour. Then you may expresse more iuyce into the sugar, which will settie in the bottome, with some of the thickest part of the iuyce: and beating the same vpon a gentle fire, it will also become a good sirup of violers, but not comparable to the first. By this manner of work you gaine one quarter of sirup, more than diuerse Apothecaries doe.

*5. A singular manner of making the
sirup of Roses.*

Fill a filuer Bason three quarters full of rain-water or Rose-water: put therein a conuenient proportion
B of

The Art of preserving,

of Rose-leaves: couer the bason, and set it vpon a pot of hot water (as we vsually bake a custard.) in 3. quarters of an houre, or one whole houre at the most, you shal purchase the whole strength and tincture of the rose: then take out those leaves, wringing out all their liquor gently, and steepe more fresh leaues in the same water: continue this iteration seuen times, and then make it vp in a sirup: and this sirup worketh more kindly than that which is made meerly of the iuice of the Rose. You may make sundry other sirups in this manner. *Quere* of hanging a pewter head over the bason, if the ascending water will bee worth the keeping.

6. Another way for the drying of Rose-leaves.

DRy them in the heat of a hote sunny day vpo a Leads, turning them

Conseruing, candying, &c.

them vp and downe till they be dry
(as they do hay) : then put them vp
into glasses wel stoppt and luted, kee-
ping your glasses in warme places ;
and thus you may keep all flowers :
but herbs, after they are dried in
this manner, are best kept in paper-
bags, placing the bags in close cup-
boards.

*7. How to preserue whole Roses, Gilli-
flowers, Marigolds, &c.*

DIp a Rose that is neither in the
bud, not ouerblowne, in a sirup,
cōsisting of sugar double refined, &
Rose water boiled to his full height:
then open the leaues, one by one,
with a fine smooth bodkin, eyther
of bone or wood; and presently, if it
be a hot sunny day, and whil'tt the
Sunne is in some good height, lay
them on papers in the Sun, or else
dry them with some gentle heat in

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a close room, heating the room before you set them in; or in an oven vpon papers, in pewter dishes: and then put them vp in glasses, & keepe them in dry cupboards neer the fire: you must take out the seeds, if you meane to eat them. You may prooue this, preserving with sugar-candy in stead of sugar, if you please.

8. *The most kinde ly way to preserve
plums, cherries, goosberrie, &c.*

YOU must first purchase some reasonable quantity of their owne iuyce, with a gentle heat vpon embers, in pewter dishes, diuiding the iuyce still as it commeth in the strewing: then boile each fruit in his owne iuyce, with a conuenient proportion of the best refined sugar.

9. How

Conseruing, candying, &c.

9. *How to candy Rosemary-flowers,
Rose-leaues, Roses, Marigolds, &c.
with preservation of colour.*

DIssolue refin'd or double refin'd
sugar, or sugar-candy it self in a
little Rose-water: boil it to a reason-
able height: put in your roots or
flowers when your sirup is eyther
fully cold, or almost cold: let them
rest therein till the sirup haue pear-
ced them sufficiently: then take out
your flowers with a skimmer, suffer-
ing the loose sirup to runne from
them so long as it will: boyle that
sirup a little more, and put in more
flowers, as before; diuide them al-
so: then boile all the sirup which re-
maineth, and is not drunk vp in the
flowers, to the height of *manus Christi*,
putting in more sugar if you see
cause, but no more Rose-water, put
your flowers therein when your si-
rup is cold, or almost cold, and let
them stand till they candy.

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10. *A most delicate & stiff sugar paste, whereof to cast Rabbits, Vicens, or any other little bird or beast, eyther from the life or carued moulds.*

First, dissolue Isinglasse in faire water, or with some Rose-water in the later end: then beat blanchéd almonds, as you would for March-pane stuffe, and draw the same with creame and Rose-water (milke will serue, but creame is more delicate): then put therein some powdered sugar; into which you may dissolue your Isinglass, being first made into gelly, in fair warm water (note, the more Isinglasse you put therein, the stiffer your work will prone): then hauing your rabbits, woodcock, &c molded either in plaister from life, or else carued in wood (first anointing your wooden molds with oile of sweet almonds, & your plaister or stone moulds with barrows grease), poure your sugar-paste thereon.

A

Conseruing, candying, &c.

A quart of creame, a quarterne of almonds, two ounces of Isinglasse, and foure or six ounces of sugar, is a reasonable good proportion for this stuffe. *Quere* of moulding your birds, rabbits, &c. in the compound wax mentioned in my *Iewell house*, in the title of the *Art of moulding & Casting*, page 60. For so your moulds will last long.

You may dredge ouer your foule with crums of bread, cinamon and sugar boiled together: and so they will seem as if they were roasted and breaded. Leach and gelly may be cast in this manner.

This paste you may also driue with a fine rowling pin, as smooth and as thin as you please: it lasteth not long, and therefore it must bee eaten within a few daies after the making thereof. By this meanes, a banquet may bee presented in the forme of a supper, being a very rare and strange deuice.

The Art of preserving,

*11. To candy Marigolds, Roses, Borage,
or Rosemary flowers.*

BOil Sugar & Rose-water a little
vpon a chafingdish with coales:
then put the flowers (being thorow-
ly dried either by the Sun, or on the
Fire) into the sugar, and boile them
a little: then strew the powder of
double refined Sugar vpon them,
and turne them, and let them boile
a little longer, taking the dish from
the fire: then strew more powdered
Sugar on the contrary side of the
flowers. These will dry of them-
selues in two or three hoares in a
hot sunny day, though they lie not
in the Sunne.

*12. To make an excellent Marchpane
paste to print off in moulds for ban-
quetting dishes.*

TAke to euery Iordan Almond
blanched, three spoonefuls of
the

conseruing, candying, &c.

the whitest refined sugar you can get: searce your sugar, and now and then, as you see cause, put in two or three drops of damask Rose-water: beate the same in a smooth stone-mortar, with great labour, vntill you haue brought it into a dry stiffe paste: one quarterne of sugar is sufficient to worke at once.

Make your paste in little bals, e- uery ball containing so much by e- stimation, as will couer your mould or print: then roule the same with a rowling pin vpon a sheet of cleane paper, without strewing any powdered sugar either vpon your paste or paper.

There is a countrey Gentlewo- man whom I could name, which venteth great store of sugar-cakes made of this composition. But the only fault which I find in this paste is, that it tasteth too much of the sugar, and too little of the almonds: and therefore you may proue the making thereof by such almonds

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which haue had some part of their oil taken from them by expression, before you incorporate them with the sugar: and so happely you may mix a greater quantity of them with the sugar, because they are not so oylie as the other.

You may mix cinamon or ginger in your paste, & that will both grace the taste, and alter the colour; but the spice must passe thorow a faire searce: you may steep your almonds in cold water all night, & so blanch them cold: and being blanched, dry them in a sieue ouer the fire. Heere the garble of almonds will make a cheap paste,

13. The making of sugar-plate, and casting thereof in carued moulds.

TAKE one pound of the whitest refined, or double refined Sugar, if you can gette it: put thereto three ounces (some comfit-makers
put

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put fixe ounces for more gaine) of the best starch you can buy; and if you dry the Sugar after it is powdered, it will the sooner passe thorough your Lawne Searce. Then searce it, and lay the same on a heap in the midst of a sheet of clean paper: in the middle of which masse, put a pretty lump of the bignesse of a walnut of gumme dragagant, first steeped in Rose-water one night: a porenger full of Rose-water is sufficient to dissolue one ounce of gum (which must first bee well picked, leauing out the droffe): remember to strain the gumme thorough a cannas: then, hauing mixed some of the white of an egge with your strained gumme, temper it with the sugar betwixt your fingers by little and little, till you haue wrought vp all the Sugar and the Gumme together into a stiffe paste; and in the tempering, let there be alwaies some of the sugar betweene your fingers and the Gumme: then dust
your

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your wooden moulds a little with some of that powdered Sugar throw a piece of Lawne, or fine linnen cloth: and hauing driuen out with your rowling pinne a sufficient portion of your paste to a conuenient thicknesse, cover your mould therewith, pressing the same downe into euery hollow part of your mould with your fingers: and when it hath taken the whole impression, knock the mold on the edge against a table, and the paste will issue forth with the impression of the mould vpon it: or, if the mould bee deep cutte, you may put the point of your knife gently into the deepest parts heer and there, lifting vp by little and little the paste out of the mould.

And if, in the making of this paste you happen to put in too much gum, you may put more sugar thereto; and if too much sugar, then more gum: you must also work this paste into your moulds as speedily as you can,

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can, after it is once made, and before it harden: and if it growe so hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paste, all those pieces which haue no part of the worke vpon them, and worke them vp with the paste which remaineth: and if you will make sawcers, dishes, bowles, &c. then (hauing first driuen your paste vpon paper, first dusted ouer with sugar to a conuenient largenesse and thicknesse) put the paste into some sawcer, dish, or bowle of a good fashion, and with your finger presse it gently down to the insides thereof, till it resemble the shape of the dish, then paire away the edges with a knife, even with the skirte of your dish, or sawcer, and set it against the fire, till it be dry on the inside: then with a knife get it out, as they vse to doe a dish of butter, and dry the backside: then gild it on the edge with the white of an egg laid round about

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about the brim of the dish with a pensill, and presse the gold downe with some cotton; and when it is dry, skew or brush off the gold with the foot of a Hare or Cony. And if you would haue your paste exceeding smooth, as to make cards and such like conceits thereof, then roule your paste vpon a sliced paper with a smooth & polished rowling pin.

14. A way to make sugar-plate both of colour and taste of any flower.

TAke violets, and beat them in a mortar with a little hard Sugar: then put into it a sufficient quantitie of Rose-water: then lay your gum in steep in the water, and so work it into paste: and so will your paste be both of the colour of the violet, and of the smell of the violet. In like sort may you worke with Marigolds, Cowslips, Primroses, Buglosse, or any other flower.

15. To

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15 To make paste of Nouie.

TAKE a quarter of a pound of Valentian alimonds, otherwise called the small almonds, or Barbarie almonds, and beat them in a mortar till they come to paste: then take stale manchet being grated, & dry it before the fire in a dish: then sitt it: then beat it with your almonds: put, in the beating of it, a little cinamon, ginger, and the iuice of a lemmon; and when it is beaten to perfect paste, print it with your moulds, and so dry it in an ouen after you haue drawne your breade: this paste will last all the yeere.

16. To make Iumbolls.

TAKE halfe a pound of Almonds being beaten to paste with a short cake being grated, and 2 eggs, 2 ounces. of carroway seeds, being beaten

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beaten, and the juice of a Lemmon: and being brought into paste, roule it into round strings: then cast it into knots, & so bake it in an ouen: and when they are baked, ice them with Rose-water and Sugar, and the white of an egge being beaten together, then take a feather and gild them, then put them again into the ouen, and let them stand in a little while, and they will bee iced cleane ouer with a white ice: and so boxe them vp, and you may keep them all the yeare.

17. To make apasts to keep you moist, if you list not to drink oft; which Ladies vse to carry with them when they ride abroad.

TAke halfe a pound of Damaske prunes, and a quartern of dates: stone them both, and beat them in a mortar with one warden being roasted, or else a slice of old marmelade:

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lade: and so print it in your moulds and dry it after you haue drawne bread: put Ginger vnto it, and you may serue it in at a banquet.

18. To make a Marchpane.

TAke two pound of Almonds, being blanched and dryed in a sieue ouer the fire: beat them in a stone mortar; and when they bee small, mix with them two pound of sugar being finely bearen, adding 2. or 3. Spoonfuls of Rose-water, and that will keepe your Almonds from oyling. When your paste is bearen fine, drine it thin with a rowling pin, and so lay it on a bottom of wafers: then raise vp a little edge on the side, and so bake it: then yce it with Rose-water and Sugar: then put it into the ouen again; and when you see your yce is risen vp, & dry, then take it out of the ouen, & garnish it with

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with pretty conceits, as birds and beasts, being cast out of standing moulds. Stick long comfits vpright in it: cast biskets and carrowaies in it, and so serue it: gild it before you serue it: you may also print off this Marchpane paste in your molds for banquetting dishes: and of this paste our comfitmakers at this day make their letters, knots, Arms, Escudocheons, beasts, birds, and other fancies.

19. To make bisket bread, otherwise called French bisket.

TAKE halfe a peck of fine flower, two ounces of coriander seeds, one ounce of anni-seeds, the whits of foure egges, halfe a pinte of Ale-yeast, and as much water as will make it vp into stiffe paste; your water must be but bloud warm: then bake it in a long roll as big as your thigh: let it stay in the ouen but one houre, and when it is a day old, pare

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pare it and slice it ouerthwart : then
sugar it ouer with fine powdered su-
gar, and so dry it in an ouen again :
and being dry, take it out, and sugar
it again: then box it, and so your
may keepe it all the yeere.

20. To make prince-bisket.

TAKE one pound of very fine
flower, and one pound of fine
sugar, and eight egges, and two
spoonfuls of Rose water, and one
ounce of Carroway seeds, and beat
it all to batter one whole houre: for
the more you beat it, the better your
bread is : then bake it in coffins, of
white plate, being basted with a lit-
tle butter before you put in your
batter, and so keepe it.

*21. To make another kind of bisket,
called biskettello.*

TAKE halfe an ounce of gumme-
Dragagant, dissolued in Rose-
water,

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Rose-water with the iuice of a lemon, and two grains of musk: then strain it thorow a fair linnen cloth, with the white of an egge: then take halfe a pound of fine sugar beeing beaten, and one ounce of Carroway seeds, being also beaten & searced: and then beat them all together in a mortar, til they come to paste: then roule them vp in small leaues about the bigness of a smal egge: put vnder the bottome of euery one, a peece of a wafer, and so bake them in an ouen vpon a sheet of paper: cut them on the sides, as you do a manchet, and prick them in the midst: when you break them vp, they will be hollow and full of eyes.

22. To make Ginger-bread,

TAke three stale Manchets, and grate them: dry them, and sift them thorow a fine sieue: then adde
vnto

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vnto them one ounce of Ginger being beaten, and as much Cinamon, one ounce of Liquorice and Anniseeds beeing beaten together, and searced, halfe a pound of sugar: then boil all these together in a posnet, with a quart of claret wine, till they come to a stiff paste with often stirring of it; and when it is stiffe, mould it on a table, and so drue it thyn, and put it in your moulds: dust your moulds with Cinamon, Ginger, and Liquorice, beeing mixed together in fine powder. This is your Ginger-bread vsed at the Court, and in all Gentlemens houses at festiuall times. It is otherwise called dry Leach.

23. To make dry Ginger-bread.

TAke half a pound of Almonds, and as much grated cake, and a pound of fine sugar, and the yolks of two new laid egges, the iuice of a lemmen,

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lemmon, and two grains of musk : beat all these together til they come to a paste : then print it with your moulds : and so dry it vpon papers in an ouen, after your bread is drawn.

24. To make pusse-paste.

TAKE a quart of the finest flower, and the whites of three egges, and the yolks of two, & a little cold water, and so make it into perfect paste : then driue it with a rowling pin abroad : then put on small peeces of butter, as big as nuts, vpon it : then fold it ouer : then driue it abroad again : then put small peeces of butter vpon it, as you did before : doe this ten times, alwaies folding the paste, and putting butter between euery fold. You may conney any pretty forced dish, as Florentin, Cherry-tart, Rice, or Pippins, &c. between two sheets of that paste.

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25. To make paste short without butter

TAke a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake manchet: then take the yolks of two or three egges, & a pint of creame, & make paste: put into it two ounces of sugar being finely beaten, and so you shall make your paste short without butter or sewet. In like sort, when you make sugar-cakes, bake your flower first.

26. To make crySTALL gelly.

TAke a knockle of Veale, and two calues feet (your calues feet being flayed and scalded) and boyle them in faire spring water: and when they are boyled, ready to eat, you may saue your flesh, and not boyle it to peeces: for, if you doe so, the gelly will looke thicke: then take a quart of the cleereft
of

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of the same broth, and put it into a posner, adding thereunto Ginger, white pepper, six whole cloues, one nymeg quartered, one graine of musk: put all these whole spices in a little bag, and boile them in your gelly: season it with foure ounces of sugar candie, and three spoonfuls of Rose water; so let it run thorow your gelly-bag: and if you meane to haue it looke of an amber colour, bruisse your spices, and let them boile in your gelly loose.

27. To make Leach of Almonds.

TAke half a pound of sweet Almonds, and beat them in a mortar: then strain them with a pint of sweet milke from the cow: then put to it one graine of musk, 2 spoonfuls of Rose-water, two ounces of fine sugar, the waight of 3 whole shillings of Iuglals that is very white, and

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and so boyle them : then let all run
thorow a strainer : then may you
slice the same, and so serue it.

28. To make *Quidinia of Quinces.*

TAke the kernelles out of eight
great Quinces, and boyle them
in a quart of Spring-water, till it
come to a pint : then put into it a
quarter of a pint of Rose-water, and
one pound of fine sugar, and so let
it boile til you see it come to be of a
deep colour : then take a drop, and
drop it on the bottome of a sawcer;
and if it stand, take it off : then let it
run thorow a gelly-bag into a ba-
son : then set on your bason vpon a
chafing-dish of coales, to keepe it
warme : then take a spoone, and fill
your boxes as full as you please; and
when they be cold, couer them : and
if you please to print it in moulds,
you must haue moulds made to the
bigness of your box, and wet your
moulds with Rose-water, and so let

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it run into your mould: and when it is cold, turn it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Mulberies, Raspis-beries, or any such tender fruit.*

TAkeyour berries, and grinde them in an Alabaster Mortar, with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Rose-water: and so boil it in a posnet with a little peece of I-singlasse, and so let it run thorough a fine cloth into your boxes, and so you may keepe it all the yeere.

30. *To make paste of Genua of Quinces*

TAke Quinces, and pare them, and cut them in slices, and bake them

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them in an ouen dry in an earthen pot, without any other iuyce than their owne: then take one pound thereof: strain it, and put it into a stone-mortar with halfe a pound of sugar; and when you haue beaten it vp to paste, print it in your moulds, and dry it three or foure times in an ouen after you haue drawne bread: and when it is thorowly dry and hardned, you may box it, and it will keep all the yeere.

31 To make Marmelade of Quinces or Damsons.

VV Hen you haue boyled your Quinces or Damsons sufficiently, straine them: then dry the pulp in a pan on the fire; and when you see there is no water in it, but that it beginneth to be stiffe, then mix two pound of sugar with three pound of pulpe: this marmelade will bee white marmelade: and if you desire to haue it looke with

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with an high colour : put your sugar and your pulp together so soone as your pulp is drawne, and let them both boile together, and so it will look of the colour of ordinary marmelade, like vnto a stewed warden ; but if you dry your pulp first, it will look white, and take lesse sugar : you shall know when it is thick enough, by putting a little into a sawcer, letting it coole before you box it.

32. To make sucket of Lettuce stalks.

TAke Lettuce stalkes, and pill away the outside : then perboile them in faire water : then let them stand all night dry : then take halfe a pint of the same liquour, and a quarter of a pint of Rose-water, and so boyle it to sirup : and when your sirup is betwixt hot and cold, put in your a foresaid roots, and let them stand all night in your sirup to make them take sugar, and then the

next

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next day your sirup will bee weake again: then boile it again, and take out your roots. In the like sort may you keepe Orange pills, or greene Walnuts, or any thing that hath the bitterness first taken from it, by boiling in water.

33. *To candie Nutmegs or Ginger with an hard rock candy.*

TAke one pound of fine sugar, and eight spoonfulls of Rose-water, and the waight of six pence of Gum Arabique, that is cleere: boyle them together to such an height, as that, dropping some thereof out of a spoon, the sirup doe rope and runne into the smalnesse of an haire: then put it into an earthen pipkin; wherein place your Nutmegs, Ginger, or such like: then stop it close with a sawcer, and lute it well with clay, that no aire may enter: then keepe it in a hot place three weeks, and it will candy hard.

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You must breake your pot with an hammer, for otherwise you cannot get out your candie. You may also candy Orenge or Lemmons in like sort, if you please.

34. To preserve Orenge, after the Portugall fashion.

TAKE Orenge and coare them on the side, and lay them in water: then boil them in fair water till they be tender: shift them in the boiling, to take away their bitterneffe; then take sugar and boile it to the height of sirup as much as will couer them, & so put your orenge into it, & that will make them take sugar. If you haue 24. Orenge, beate 8. of them, till they come to paste, with a pound of fine sugar; then fill euery one of the other orenge with the same, & so boile them againe in your sirup: then there will be marmelade of Orenge within your Orenge, & it wil cut like an hard egg.

35. To

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35. To candy Orange pills.

TAke your Orenge pills, after they be preserued: then take fine Sugar and Rosewater, & boyle it to the height of *Menus Christi*: then draw thorow your Sugar: then lay them on the bottome of a sieue, and dry them in an Ouen after you haue drawne bread, and they will be candied.

36. To preserue Cowcumbers all the yeere.

YOU may take a gallon of faire water, and a pottle of veriuycce, and a pinte of bay salt, and a handfull of greene Fennell or Dill: boile it a little, and when it is cold put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keepe them all the yeare.

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37. To preserve broom-capers all the yeere.

Boile a quart of veriuice, and an handfull of bay salt, and therein you may keep them all the yeere.

38. To colour sugar-plate with several colours.

You may mix Roses with your fine searced sugar vntill the colour please you, and so shall you haue a faire murrey colour. Sap-green must be tempered in a little Rose-water, hauing some gumme first dissolued therein, and so lay it on with a pensill vpon your paste in apt places. With saffron you may make a yellow colour in the like manner, first drying and powdering your saffron; and after it hath coloured the Rose-water sufficiently, by straying it thorough fine linnen. The powder of Cinnamon

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mon maketh a Walnut colour, and
Ginger and Cinamon together, a
lighter colour.

39. To make Trosses for the Sea.

First, make paste of sugar & gum
dragagant mixed together, then
mixe therewith a reasonable quan-
tity of the powder of cinamon and
Ginger, and, if you please, a little
Muske also, and make it vp into
roules of seuerall fashions, gilding
them heere and there. In the same
manner you may also conuey any
purgative, vomit, or other medicine
into Sugar paste.

*40. To make paste of Violets, Roses,
Marigolds, Cowslips, or Liquorice.*

SHred, or rather powder, the dry
leaves of your flower, putting
thereunto some fine powder of
Ginger and cinamon, and a little
muske if you please, mixe them all

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confusedly together: then dissolve
some Sugar in Rosewater, and be-
ing boiled a little, put some Saffron
therein, if you worke vpon Mari-
golds; or else you may leaue out
your Saffron: boyle it on the fire
vnto a sufficient height. You must
also mixe therewith the pap of a
roasted apple, being first well dryed
in a dish ouer a Chafing-dish of
coals; then poure it vpon a tren-
cher, being first sprinkled ouer
with Rosewater, and with a knife
worke the paste together. Then
breake some Sugar-candy small, but
not to powder, and with gumme
dragagant: fasten it heere and
there to make it seeme as if it were
roch candied; cut the paste into
peeces of what fashion you list, with
a knife first wet in Rosewater. In
liquorice paste you must leaue out
the pap of the pippin, and then
work your paste into dry roulees. Re-
member to searce the Liquorice
therow a fine Searce. These roulees
are

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are verie good against any cough
or colde.

*41. To make Marmelade of Lemmons
or Orenge.*

TAke ten Lemmons or Orenge,
& boile them with halfe a dozen
pippins, and so draw them thorow a
strainer: then take so much Sugar
as the pulp doth weigh, and boile it
as you doe Marmelade of Quinces,
and then boxe it vp.

*42. How to candy Nutmegs, Ginger,
Mace, and flowers, in halfe a day,
with hard or rock candy.*

LAy your Nutmegs in sleepe in
common Lee, made with or-
dinarie ashes, 24. houres; take them
out and boyle them in fayre water
till they be tender, and so take out
the Lee: then dry them, and make
a sirup of double refined Sugar, and
a little Rose-water, to the height
of

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of a *manus Christi* : place this sirup in a gentle Balneo, or some small heate, putting your Nutmegs into the sirup. Note, that you must skim the sugar, as it casteth any skumme, before you put in your Nutmegs ; then, having Sugar-candy first bruised grossely, and scarced thorough colanders of severall bignesse, take the smallest thereof, and roule your Nutmegs vp and downe therein, either in a dish or vpon cleane paper: then stoue your Nutmegges in a cupboard with a Chafingdish of coales, which must be made hote of purpose, before you set them in: and when they are dry enough, dip them againe in fresh sirup, boyled to his height, as before, and roule them in the groesser Sugar-candy, & then stoue them againe till they be hard, and so the third time if you will increase their candie. Note, that you must spend all the Sugar which you dissolue at one time with candying of one thing or other, there-

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therin presently. The stronger that your Lee is, the better; and the Nutmeg, Ginger, &c. would lye in steep in the lee, 10. or 12. dayes, and after in the siup of sugar in a stoue, or cupboard, with a Chafingdish and coales, one whole weeke, and then you may candy them suddenly, as before. Flowers and fruits are done presently, without any such steeping or stouing as before: only they must be put into the stoue after they are coated, with your powdered Sugar-candy. And those flowers of fruits as they are suddenly done, so they will not last about two or three dayes faire, & therefore only to be prepared for some set Banquet,

34. Casting of Sugar in partie moulds of wood.

Lay your moulds in faire water three or foure houres before you

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you cast, then drie vp your inward moyſture with a cloth of Linnen, then boile roſewater and refin'd ſugar together, but not to any great ſtiffeneſſe; then poure it into your moulds: let your moulds ſtand one houre, and then gently part or open the moulds, and take out that which you haue caſt. You may alſo worke the paſte *antenuero*, 12.13. into theſe moulds, firſt printing or preſſing gently a little of the paſte into the one halfe, and after with a knife taking away the ſuperfluous edges, and ſo likewise of the other halfe: then preſſe both ſides of the mould together, two or three times, and after take away the creſt that will ariſe in the middeſt. And to make the ſides to cleaue together, you may touch them firſt ouer with gumme dragagant diſſolued, before you preſſe the ſides of the mould together. Note, that you may conuey Comfits within, before you cloſe the ſides. You may caſt of
any

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anie of these mixtures or pastes in Alabaſter moulds, molded from the life,

44. *To mould of a Lemmon, Orange, Peare, Nut, &c. and after to caſt it hollow within of Sugar.*

Fill a wooden platter halfe full of ſand, then preſſe downe a Lemmon, Peare, &c. therein to the iuſt halfe thereof: then temper ſome burnt Alabaſter with faire water, in a ſtone or copper diſh, of the bigneſſe of a great ſiluer boule, & caſt this pap into your ſand, and from thence clap it vpon the Lemmon, Peare, &c. preſſing the pap cloſe vnto it. Then after a while take out this halfe part with the Lemmon in it, and pare it euen in the inſides, as neere as you can, to make it reſemble the iuſt halfe of your Lemmon, then make 2. or 3. little holes in the half (viz. in the edges therof) laying it downe in the ſand againe, and ſo
caſt

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cast another halfe vnto it, then cut off a peece of the top of both your partie moulds, & cast thereto another cap in like manner as you did before. Keepe these three parts bound together with tape, till you haue cause to vse them: and before you cast, lay them alwayes in water, and dry vp the water againe before you poure in the Sugar. Colour your Lemmon with a little Saffron steeped in Rosewater. Vse your Sugar in this manner: Boile refined or rather double refined Sugar and Rosewater to his full height, viz. till by powring some out of a spoone, it will run at the last as fine as a haire, then taking off the cappe of your mould, poure the same therein, filling vp the mould aboue the hole, & presently clap on the cappe, and presse it downe vpon the Sugar; then swing it vp and downe in your hand turning it round, and bringing the neather part sometimes

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times to bee the vpper part in the turning, and è conuerso. This is the manner of vsing an Orenge, Lemmon, or other round mould: but if it be long, as a pigs foot will be, being moulded, then roule it, and turn it vp and downe long-waies in the aire.

45 *How to keepe the dry pulp of cherries, prunes, damsons, &c. all the yeer.*

YOU may take of those kinde of cherries that are sharpe in taste (Quere if the common black & red cherrie will not also serue, hauing in the end of the decoction a little oyle of Vitrioll, or Sulphur, or some veriuiue of sower grapes, or iuice of lemmons mixed therewith, to giue a sufficient tartnesse): pull off their stalks, and boile them by themselves, without the addition of any liquour in a caldron or pipkin; and when they begin once to boile in their
owne

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owne juice, stirre them hard at the bottom with a spattle, lest they burn to the pann's bottom. They haue boyled sufficiently, when they haue cast off all their skins, and that the pulp and substance of the cherries is growne to a thicke pap: then take it from the fire, and let it coole: then diuide the stones and skins by passing the pulpe onely thorow the bottome of a Strainer reuerled, as they vse in *Cassia fistula*; then take this pulpe, and spread it thin vpon glazed stones or dishes, and so let it dry in the Sunne, or else in an Oven presently after you haue drawn your bread: then loose it from the stone or dish, and keepe it to prouoke the appetite, and to coole the stomacke, in Feuers and all other hot diseases. Proue the same in all manner of fruite. If you feare adustion in this worke, you may finish it in hote Balneo.

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46. *How to dry all manner of plums or cherries in the Sunne.*

[If it be a small fruite, you must dry them whole, by laying them abroad in the hote Sunne, in stone or pewter dishes, or iron or brasse pans, turning them as you shall see cause. But if the plum be of any largeness, slit each plum on the one side, from the top to the bottome; and then lay them abroad in the Sunne: but if they be of the biggest sort, then giue cyther plum a slit on each side; and if the Sunne doe not shine sufficiently during the practice, then dry them in an Ouen that is temperately warme.

47. *How to keep Apples, Pears, Quinces, Wardens, &c. all the yeere, dry.*

P Are them, take out the coares, and slyce them in thinne slices, lay-

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laying them to dry in the Sunne in some stone or metalline dishes, or vpon a high-Frame couered with coorse canuas, now and then turning them: and so they will keep all the yeere.

48. To make green ginger vpon sirup.

TAKE Ginger one pound: pare it clean: steep it in red wine and vinegar equally mixed: let it stand so xii. daies in a close vessell, and e- uery day once or twice stir it vp and down: then take of wine one gal- lon, and of vinegar a pottle: see the all together to the consumption of a moiety or half: then take a pottle of clean clarified honey, or more, and put thereunto, and let them boyle well together: then take halfe an ounce of saffron finely beaten, and put it thereto, with some sugar if you please.

conseruing, candying, &c.

49. *To make sucket of green
Walnuts.*

TAke Walnuts when they are no bigger than the largest hallow nut: pare away the vppermost green, but not too deepe: then seeth them in a pottle of water, till the water be sodden away: then take so much more of fresh water; and when it is sodden to the halfe, put thereto a quart of vinegar, and a pottle of clarified hony.

50. *To make conserue of Prunes or
Damsons.*

TAke ripe Damsons: put them into scalding water: let them stand a while: then boile them ouer the fire till they break: then straine out the water thorow a colander, and let them stand therein to coole: then strain the Damsons thorough the colander, taking away the stones
and

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and skinned: then set the pulp over the fire againe, and put thereto a good quantity of red wine, and boile them well to a stiffenesse, euer stirring them vp and down; and when they bee almost sufficiently boyled, put in a conuenient proportion of sugar: stirre all well together, and after put it in your gally-pots.

§1. To make conserue of Strawberries.

First, see the them in water, and then cast away the water, and straine them: then boile them in white wine, and work as before in damsons; or else strain them being ripe: then boile them in wine and sugar till they be stiffe.

§2. Conserue of Prunes or Damsons made another way.

Take a pottle of damsons: prick them, and put them into a pot, putting

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putting thereto a pint of Rose-water or wine, and couer your pot: let them boile well: then incorporate them by stirring; and, when they be tender, let them coole, and straine them with the liquor also: then take the pulp, and set it ouer the fire, and put thereto a sufficient quantity of sugar, and boile them to their height or consistency, and put it vp in gally pots or jarre glasses.

53. How to candy Ginger, Nutmegs, or any root or flowers.

Take a 'quarter of a pound of the best refined sugar, or sugar-candy, which you can get: powder it: put thereto two spoonfulls of Rose-water: dip therein your Nutmegs, Ginger, roots, &c. being first sodden in faire water till they bee soft and tender: the oftner you dip them in your sirup, the thicker the candie will bee,
but

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but it will be the longer in candy-
ing: your sirup must be of such stiff-
nes: as that a drop thereof, being let
fall vpon a pewter-dish, may con-
geale and harden being cold. You
must make your sirup in a chafing
dish of coales, keeping a gentle fire.
After your sirup is once at his full
height, then put them vpon papers
presently into a stoue, or in dishes:
continue fire some tenn or twelue
dayes, till you finde the candy hard,
and glistering like diamonds: you
must dip the red rose, the gilliflow-
er, the marigold, the barrage flower,
and all other flowers but once.

24 *The art of comfet-making, teach-
ing how to couer all kinds of seed,
fruits or spices with sugar.*

First of all you must haue a deepe
bottomed bason of fine cleane
brasse or latten, with two eares of
Iron to hang it with two seuerall
cords

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cords ouer a bason or earthen pan with hot coales.

You must also haue a broad pan to put ashes in, and hot coales vpon them.

You must haue a cleaſt latten bason to melt your sugar in, or a faire braſen ſkillet.

You must also haue a fine braſen ladle, to let run the sugar vpon the ſeeds.

You must also haue a braſen ſlice, to ſcrape away the ſugar from the hanging baſon if neede require.

Hauiſg all theſe neceſſarie veſſels and inſtruments, worke as followeth.

Choose the whiteſt, fineſt, and hardeſt ſugar, and then you neede not to clarifie it, but beare it only into fine powder, that it may diſſolue the looner.

But firſt make all your ſeeds very cleane, and dry them in your hanging baſon.

D

Take

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Take, for euery two pound of sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your comfits will be great enough: and if you will make them greater, take halfe a pound more of sugar, or one pound more, and then they will be faire and large.

And halfe a pound of Annis-seeds with two pound of sugar, will make fine small comfits.

You may also take a quarter and a halfe of Annis-seeds, and three pound of Sugar, or halfe a pound of Annis-seeds, and foure pound of Sugar. Do the like in Coriander-seeds.

Melt your Sugar in this manner: *viz.* Put three pounds of your powder-sugar into the Bason, and one pint of cleane running water thereunto: stirre it well with a brazen slice, vntill all be moist and well wet: then set it ouer the fire, without smoke or flame, and melt it well, that there bee no whole gristie

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gristie sugar in the bottome, and let it seethe mildely, vntill it will streame from the Ladle like Turpentine, with a long streame, and not drop: when it is come to his decoction, let it seethe no more, but keep it vpon hot imbers, that it may run from the Ladle vpon the seeds.

To make them speedily, let your water be seething hot, or seething, and put powder of Sugar to them: cast on your Sugar boiling hote: haue a good warme fire vnder the hanging Bason.

Take as much water to your Sugar, as will dissolue the same.

Neuer skim your sugar, if it bee clean and fine.

Put no kind of starch or Amylum to your sugar.

Seeth not your Sugar too long: for, that will make it black, yellow or tawnie.

Mooue the seeds in the hanging bason as fast as you can or may,

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when the sugar is in casting.

At the first coate put on but one halfe spoonefull with the ladle, and all to moue the bason, moue, stirre and rubbe the seedes with thy left hand a pretty while, for they will take sugar the better, and drie them well after euery coate.

Doe this at euery coat, not onely in mouing the bason, but also with the stirring of the comfits with the left hand, and drying the same, thus dooing you shall make good speed in the making: as, in euerie three houres you may make three pound of comfits.

And as the comfits doe increase in greatnes, so you may take more Sugar in your ladle to cast on. But for plaine comfits, let your Sugar be of a light decoction last, and of a higher decoction first, and not too hote.

For crispe and ragged comfits, make your sugar of a high decoction, euen as high as it may runne
from

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from the ladle, and let fall a foot high or more from the ladle, and the hotter you cast in your sugar, the more ragged will your comfits bee. Also the comfits will not take so much of the sugar as they will vpon a light decoction, and they will keepe their raggednesse long. This high decoction must serue for eight or ten coates in the end of the worke, and put on at e-very time but one spoonefull, and haue a light hand with your bason, casting on but little sugar.

A quarter of a pound of Coriander seeds, and three pound of sugar will make great, huge, and big comfits.

See that you keepe your Sugar alwaies in good temper in the bason, that it burne not into lumpes or gobbets: and if your sugar bee at any time too high boyled, put in a spoonefull or two of water, and keepe it warily with the ladle, and let your fire alwaies bee without

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Smoke or flame.

Some commend a Ladle that hath a hole in it to let the sugar run thorow of a height: but you may make your comfits in their perfect forme and shape, onely with a plaine Ladle.

When your comfits be made, set your dishes with your comfits vpon papers in them, before the heat of the fire, or in the hot Sunne, or in an Ouen after the bread is drawne, by the space of an houre or two: and this will make them to be very white.

Take a quarter of a pound of Annis-seeds, and two pound of Sugar, and this proportion will make them very great: and euen a like quantity take of Carroway-seed, Fennell-seed, and Coriander-seed.

Take of the finest Cinamon, and cut it into pretty small stickes beeing dry, and beware you wet it not: for, that deadeth the Cinamon:

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mon: And then worke as in other comfits. Doe this with Orenge-rindes likewise.

Worke vpon Ginger, Cloues, and Almonds, as vpon other seeds.

The smaller that Annis-seed comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes; of fine Muske, dissolved in a little water, one scruple: mingle these all together in the hanging Bason, and cast them vpon Sugar of a good decoction. Then, with thy left hand, mooue it to and fro, and dry it well: doe this often, vntill they be as great as Poppie-seeds; and giue, in the end, three or foure coats of a light decoction, that they may be round and plaine: and, with an high decoction, you may make them crisp.

You must haue a coorse scarce made for the purpose with haire, or with parchment full of holes, to

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part and diuide the comfets into
seuerall sorts,

To make paste for comfets, Take
fine grated breade foure ounces,
fine elect Cinamon powdered halfe
an ounce, of fine ginger powder one
dramme, saffron powder, a little;
white sugar two ounces, and a few
spoonfuls of borage water, seeth
the water and the sugar together,
and put to the Saffron, then first
mingle the crummes of bread, and
the spices well together, drie them,
put the liquor scalding hote, vpon
the stuffe, and beeing hote, labour
it with thy hand, and make balles
or other formes thereof, dry them
and couer them as comfets.

Coriander seeds two ounces, su-
gar one pound and a halfe, maketh
very faire comfets.

Annis seedes three ounces, Sugar
halfe a pound, of annis seedes two
ounces, & sugar six ounces, wil make
faire comfits.

Every dram of fine Cinamon,
will

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will take at the least a pound of sugar for biskets, and likewise of sugar or ginger powder.

Halfe an ounce of grosse Cinnamon will make almost three drams of fine powder. searced, after it is well beaten.

Sugar powder one ounce wil take at the least a pound of sugar to make your biskets faire.

Carrowayes will bee faire at 12. coates.

Put into the sugar a little Amylum dissolued for five or six of the least coates, and that will make them exceeding crispe: and if you put too much Amylum or starch to the comfits which you would haue crispe, it will make them flat and smooth.

In any other confection of pasted sugar mixed with gum Dragagant, put no kind of Amylum: beware of it, for it will make the worke clammy.

To make red comfits, seeth three

D 5

or

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or foure ounces of brazel with a little-water: take of this red water 4 spoonfuls; of sugar, one ounce, and boile it to his decoction: then giue 6 coats, and it will bee of a good colour; or else you may turne so much water with one dramme of turnsole, doing as before.

To make greene comfits, seeth sugar with the iuyce of beets.

To make them yellow, seeth saffron with sugar.

In making of comfits, alwayes when the water dooth seeth, then put in your sugar powder, and let it seeth a little, yntill it be cleane dissolved, and boiled to his perfect decoction, and that the whitnes of the colour be clean gon: and if you let it settle, you shall see the Sugar somewhat cleere.

For biskets, take two spoonfuls of liquor; of sugar, searced in a coorse searce, one dram; and of Sugar-powder to bee molt and cast, one ounce. This done, will make the biskets

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biskets somewhat faire, and somewhat greater than Poppy-seeds.

Aliter. Take sugar-powder, foure drams; sugar to cast, foure ounces, with liquor sufficient: lay gold or siluer on your comfits.

Euery dram of sugar-powder will take an ounce of sugar to bee cast: 8 drams make one ounce. To thus much powder for biskets, take halfe a pound of sugar to cast thereon.

Coriander-seeds, a quarter of a pound; sugar, 3 pound; Coriander-seeds, halfe a pound; sugar, 3 drams, will make faire comfits.

For biskets, Annis-seeds, halfe a pound; Fennell-seeds, a quarter of a pound; and sugar, two pound sufficient.

In six or eight of the last coats, put in two spoonfuls of sugar very hot, to make them crisp.

To one pound of sugar, take 9. ounces of water.

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55. *To make a cullis as white as snow,
and in the nature of gelly,*

TAke a cocke, scalde, wash and draw him cleane, seeth it in white wine or renish wine. : Scum it cleane, clarifie the broth after it is strained, then take a pint of thicke & sweet cream, straine that to your clarified broth, and your broth will become exoceding faire and white : then take powdered ginger, fine white sugar & Rosewater, seething your cullis when you season it, to make it take the collour the better.

56. *To make wafers.*

TAke a pint of flower, put into it a little creame with two yolkes of eggs and a little Rose water, with a little searced Cinamon & sugar, worke them all together, and bake the paste vpon hot Irons.

57. *To*

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57. To make Almond butter.

BLanch your almonds, and beate
thē as fine as you can with faire
water, two or three houres, then
strain them through a linnen cloth,
boile them with Rosewater, whole
mace and annis seeds, till the sub-
stance be thicke: spread it vpon a
faire cloth, dreining the whey from
it, after let it hang in the same
cloath some few houres, then strain
it and season it with Rosewater and
sugar.

58. A white gelly of Almonds.

TAke Rosewater, gumme Dra-
gant dissolued, or llinglasse
dissolued, and some Cinamon
grossely beaten, seeth them all to-
gether, then take a pound of al-
monds, blanch and beate them
fine with a little faire water, drie
them in a faire cloath: and put
your

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your water aforesaid into the Almonds, seeth them together and stir them continually, then take them from the fire, when all is boyled to a sufficient height.

59. To make Leach.

SEeth a pint of Creame, and in the seething put in some dissolved Isinglas, stirring it till it bee very thicke, then take a handfull of blanched Almonds, beat them and put them in a dish with your Creame, seasoning them with sugar, and after slice it and dish it.

60. Sweet Cakes without either spice or sugar.

SCrape or wash your Parsneps cleane, slice them thinne, dry them vpon Canuas or networke frames, beat them to powder, mixing one third thereof with two thirds

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thirds of fine wheate flower : make
vp your paste into coates, and you
shall finde them very sweete and
delicate.

*61. Roses and Gilliflowers kept
long.*

Couer a Rose that is fresh, and
in the bud, and gathered in a
faire day after the dewe is ascen-
ded, with the whites of egges well
beaten, and presently strew thereon
the fine powder of searced Sugar,
and put them vp in luted pots, set-
ting the pots in a cool place in sand
or grauell : with a fillip at any time
you may shake off this inclosure.

62. Grapes growing all the yeere.

Put a Vine stalke thorow a
Basket of earth in December,
which is likely to beare Grapes,
that

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that yeere, and when the grapes are ripe, cut off the stalke vnder the basket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue fresh and faire a long time vpon the vine.

63. How to dry Rose-leaues, or any other single flower without wrinkling.

If you would performe the same wel in rose leaues, you must in rose time make choise of such roses as are neither in the bud, nor full blowne (for these haue the smoothest leaues of all other) which you must especially cull and chuse from the rest: then take right Callis sand, wash it in some change of waters, and drie it thoroughly well, either in an ouen, or in the sunne; and hauing shallow, square or long boxes of 4, 5. or 6. inches deepe, make first an euen lay of sand in the bottom, vpon
which

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which lay your Roseleaves, one by one (so as one of them touch o-ther) till you haue couered all the sand, then strowe sand vpon those leaues, till you haue thinly couered them all, & then make another laie of leaues as before, and so lay vpon lay, &c. Set this box in some warme place in a hot sunny day, (and commonly in two hot sunnie dayes they will bee thorow dry) then take them out carefully with your hand without breaking. Keepe these leaues in Iarre glasses, bound about, with paper, neere a chimney, or stoue, for feare of relenting. I finde the red Rose leafe best to be kept in this manner; also take away the stalkes of pansies, stocke gilliflowers, or other single flowers; pricke them one by one in sand, pressing downe their leaues smooth with more sand laid euenly vpon them. And thus you may haue Rose leaues, and other flowers to lay about your-
ba-

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basons, windows, &c. all the winter long. Also this secret is very requisite for a good simplifier, because he may dry the leafe of any herb in this manner: and lay it, being dry, in his Herbal with the simple which it representeth, whereby he may easily learne to know the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

Clusters of Grapes, hanging vp on lines within a close Presse, will last till Easter. If they shrink, you may plump them vp with a little warme water before you eat them. Some vse to dip the ends of the stalks first in pitch: some cut a branch off the Vine with euerie cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot; and after, hanging them within a Presse or Cupboard, which would

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would stand in such a room (as I suppose) where the grapes might not freeze: for otherwise you must be forced now and then to make a gentle fire in the roome, or else the grapes will rot and perish.

65. How to keepe Walnuts a long time plump and fresh.

MAKE a lay of the dry stampings of crabs when the verjuice is pressed from them, cover that lay with Walnuts, & vpon them make another lay of stampings, and so one lay vpon another till your vessel be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. An excellent conceit vpon the kernels of drie Walnuts.

GAther not your Walnuts before they be full ripe, keep them without

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out any art vntill Newyeeres tide, then breake the shelles carefully, so as you deface not the kernels: (and rherfore you must take choise of such nuts as haue thin shels) whatsoeuer you find to come away easily, remoue it: steep these kernels in condut water, forty eight hours, then will they swell and grow verie plumpe and faire, and you may pill them easily, and present them to any friend you haue for a Newyeers gift: but being pilld, they must be eaten within two or three houres, or else they lose their whitnes and beaurie, but vnpilled they will last two or three daies faire and fresh. This of a kinde Gentlewoman, whose skill I doe highly commend, and whose case I doe greatly pitie; such are the hard fortunes of the best wits and natures in our daies.

67. How to keepe Quinces in a most excellent manner.

Make

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MAKE choise of such as are sound; and gathered in a faire, dry and sunny day, place them in a vessell of wood, containing a firkin or thereabout, then couer them with pennie ale, & so let them rest: and if the liquor carrie any bad scum, after a day or two take it off: every 10. or 12. dayes let out your penny ale at a hole in the bottome of your vessell, stop the hole, and fill it vp againe with fresh pennie ale: you may haue as much for two pence at a time as will serue for this purpose. These Quinces being baked at Whitson-tide, did taste more daintily than any of those which are kept in our vsuall decoctions or pickles.

Also if you take white wine Lees that are neat (but then I feare you must get them of the Merchant, for your Tauernes doe hardly afford any) you may keepe your Quinces in them very faire and fresh all the yeere, and therein may
you

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you also keepe your barbaries both
full and faire coloured.

68. Keeping of Pomegranats.

MAke choise of such Pomgrats as are sound, and not prickt as they tearme it, lap them ouer thinly with wax, hang them vpon nailes, where they may touch nothing, in some cupboard or closet in your bed chamber, where you keepe a continuall fire, and euery 3. or 4. dayes turne the vnder sides vppermost: and therefore you must so hang them in packthred, that they may haue a bow knot at either end. This way Pomgranates haue beene fresh till Whitsontide.

69. Preseruing of Artichokes.

CVt off the stalkes of your Artichokes within two inches of the Apple; and of all the rest of the stalkes make a strong decoction,

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on, slicing them into thinne and small peeces, and keepe them in this decoction: when you spend them, you must lay them first in warme water, and then in colde, to take away the bitterneſſe of them. This of *M. Parſons*, that honeſt and painefull Practicer in his profeſſion.

In a milde and warm winter, about a moneth or three weeks before Christmas, I cauſed great ſtore of Artichokes to bee gathered with their ſtalke in their full length as they grew: and, making firſt a good thicke Lay of Artichoke-leaues in the bottome of a great and large veſſell, I placed my Artichokes, one vpon another, as cloſe as I could couch them, couering them ouer, of a pretty thicke-
neſſe with Artichoke-leaues: theſe Artichokes were ſerued-in at my Table all the Lent after, the apples being red and ſound, onely the tops of the leaues a little vaded,
which

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which I did cut away.

70. Fruit preserved in pitch.

DWayberries that doe somewhat resemble blacke cherries, called in Latine by the name of *Solanum lathale*, being dipped in molten pitch, being almost cold, & before it congeale and harden againe, and so hung vp by their stalkes, will last a whole yeare. *Probat. per M. Parsons*, the Apothecary. Proue what other fruits will also be preserved in this manner.

71. To make Cloue or Cinamon Sugar.

LAy pieces of sugar in close boxes amongst sticks of Cinamon-cloues, &c. and in a short time it will purchase both the taste sent of the spice. *Probat.* in cloues.

72. Hasell

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72. Hasell Nuts kept long.

A Man of great yeares & experience assured me, that Nuts may be kept a long time with ful kernels by burying them in earthen pottes well stoppt a foot or two in the ground : they keep best in grauellie or sandy places. But these nuts I am sure will yeeld no oile as other nuts will, that wax drie in the shels with long keeping.

73. Chesnuts kept all the yeere.

After the bread is drawne, disperse your Nuts thinly ouer the bottome of the Ouen, and by this meanes the moisture beeing dried vp, the Nuts will last all the yeare : if at any time you perceiue them to relent, put them into your Ouen again, as before.



Secrets in Distillation.

1. How to make true spirit of wine.

TAKE the finest paper you can get, or else some Virgin-parchment; straine it very right & stiffe over the glasse body, wherein you put your Sack, Malmesie or Muscadine; oyle the paper or Virgin parchment with a pensill, moistened in the oyle of Ben, and distill it in Balneo with a gentle fire, and by this meanes you shall purchase only the true Spirit of Wine. You shall not haue aboue two or three ounces at the most out of a gallon of Wine, which ascendeth in the forme of a cloud, without any dew or veines in the helme: lute
all

Secrets in Distillation.

all the ioints well in this distillation. This Spirit will vanish in the ayre, if the glasse stand open.

2. How to make the ordinary Spirit of Wine that is sold for five shillings and a noble a pint.

PVt Sacke, Malmesie, or Muscadine into a glasse body, leauing one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer than till all or most part will burne away, which you may proue now and then, by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helme; & if your spirit thus drawn haue any phlegme therein, then rectifie or redistil that spirit againe in a lesser body, or in a bolt receiuer in sted of another body, luting a small head on the top of the

E 2 Steele

Secrets in Distillation.

steale thereof, & so you shall haue a very strong spirit: or else for more expedition, distill 5 or 6 gallons of wine by Lymbecke; and that spirit, which ascendeth afterward, redistill in glasse, as before.

3. Spirits of spices.

Distil with a gentle heat either in Balneo, or ashes, the strong and sweet water, wherewith you haue drawne oyle of cloues, mace, nutmegs, Iuniper, Rosemary, &c. after it hath stood one moneth close stoppt, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.

4. Spirit of wine, tasting of what vegetable you please.

Macerate Rosemary, Sage, sweet Fennell seeds, Marioram, Lemmon or Orenge pils, &c.
in

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in spirit of wine a day or two, and then distill it ouer again, vnles you had rather haue it in his proper colour: for so you shall haue it vpon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables.

How to make the water which is usually called Balme-water.

TO euery gallon of Claret wine put one pound of green balme. Keep that which commeth first, and is clearest, by it selfe: and the second & whiter sort, which is weakest and commeth last, by it selfe: distill in a pewter Lymbeck luted with paste to a brasie pot. Draw this in May or Iune, when the herb is in his prime.

6. Rosa-folis

TAKE of the hearbe Rosa-folis, gathered in Iulie, one gallon,
E 3 picke

Secrets in Distillation.

pick out all the blacke moats from the leaues; Dates, halfe a pound; Cinamon, Ginger, Cloutes, of each one ounce; grains, halfe an ounce; fine Sugar, a pound and a half; red Rose-leaues, green or dried, foure handfuls: steep all these in a gallon of good Aqua Composita, in a glasse close stopped with wax, during twenty daies: shake it well together once every two daies. Your Sugar must be powdred, your spices bruised onely, or grossely beaten; your Dates cut in long slices, the stones taken away. If you adde two or three grains of Amber-greece, and as much Musk, in your glasse, among the rest of the Ingredients, it will haue a pleasant smell. Some adde the Gum Amber, with corall and pearle finely powdred, and fine leaf-gold. Some vse to boile Ferdinando buck in Rose-water, till they haue purchased a faire, deepe crimsin colour: and when the same is cold, they colour their Rosa-solis and

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and Aqua Rubea therewith,

7. Aqua Rubea.

TAke of Musk six grains: of Ci-
namon and Ginger, of each one
ounce; white sugar-candy, one
pound: powder the Sugar, & bruise
the spices grossly: binde them vp in
a clean linnen cloth, and put them
to infuse in a gallon of Aqua com-
posita, in a glasse close stoppt twenty
foure hours, shaking them together
diuers times: then put thereto of
Turnsole one dramme: suffer it to
stand one houre, and then shake all
together: then, if the colour like
you after it is settled, poure the
cleereſt forth into another glasse:
but if you will haue it deeper colou-
red, suffer it to worke longer vpon
the Turnsole.

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8.D. Stevens Aqua composita.

TAKE a gallon of Gascoin wine,
of Ginger, Galingale, Cinamon,
Nutmegs and graines, Annis seeds,
Fennell seeds, and Carroway seeds,
of each a dram; of Sage, Mints, red
Roses, Thyme, Pellitory, Rosmary,
wild Thyme, Camomil, Lauender,
of each a handfull: bray the spices
small, and bruise the herbs, letting
them macerate 12. houres, stirring
it now & then, then distil by a Lim-
becke of pewter, keeping the first
cleare water that commeth, by it
selfe, and so likewise the second.
You shall draw much about a pint
of the better sort from euery gallon
of wine.

9.Vsque-Bath or Irish Aqua vite.

TO euery gallon of good Aqua
composita, put two ounces of
chosen

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chosen liquorice bruised, and cut into small peeces, but first cleansed from all his filth, and two ounces of Annis-seeds that are cleane and bruised: let them macerate five or sixe daies in a wooden vessell, stopping the same close, and then draw off as much as will runne cleere, dissolving in that cleere Aqua vitæ five or sixe spoonefulls of the best Malassoes you can get (Spanish Cure, if you can get it, is thought better than Malassoes) then put this into another vessell; and after three or foure daies (the more the better) when the liquor hath fined it selfe, you may vse the same, some adde Dates and Raisins of the Sun to this receipt; those grounds which remaine you may redistil, and make more Aqua composita of them, and of that Aqua composita you may make more Vsque-bath.

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10. Cinamon water.

HAuing a Copper bodie or
Brasse pot that will hold xii.
gallons, you may well make ii. or
iii. gallons of cinamon water at
once. Put into your body over-
night vi. gallons of conduit water,
and two gallons of Spirit of wine,
or, to save charge, two gallons of
Spirit drawne from Wine lees, Ale,
or lowe Wine, six pound of the
best and largest Cinamon you can
get, or else eight pound of the se-
cond sort well bruised, but not bea-
ten into powder: lute your Lym-
beck, and begin with a good fire of
wood and coales, til the vessel begin
to distill; then moderate your fire,
so as your pype may drop apace,
and runne trickling into the Recei-
uer, but blow not at any time. It
helpeth much heerein to keepe the
water in the Bucket not too hote,
by often change thereof: it must
never

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neuer be so hot, but that you may well endure your finger therein. Then diuide into quart glasses the Spirit which first ascendeth, and wherein you finde eyther no taste, or verie small taste of the Cinamon, then may you boldly after the Spirit once beginneth to come strong of the Cinamon, draw vntill you haue gotten at the least a gallon in the Receiuer, and then diuide often by halfe pintes and quarters of pints, lest you draw too long: which you shall know by the faint taste and milkie colour, which distilleth to the end: this you must now and then taste in a spoone. Now when you haue drawne so much as you finde good, you may adde thereunto so much of your Spirit that came before your Cinamon water, as the same will well beare, which you must finde by your taste. But if your Spirit and your Cinamon be both good, you may of the
afore-

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aforesaid proportion will make vp two gallons, or two gallons and a quart of good Cinamon water. Heere note, that it is not amisse to obserue which glasse was first filled with the spirit that ascended, and so of the second, third and fourth: and when you mixe, begin with the last glasse first, and so with the next, because those haue more taste of the Cinamon than that which came first, and therefore more fit to bee mixed with your Cinamon water. And if you meane to make but 8. or 9. pintes at once, then begin but with the halfe of this proportion. Also that spirit which remaineth vnmixed doth serue to make Cinamon water the second time. This way I haue often proued, and found most excellent: take heede that your Limbecke be cleane, and haue no manner of sent in it, but of wine or Cinamon, and so likewise of the glasses, funnelles and pots which
You

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you shall vse about this worke.

II. *How to distill Isop, Thyme, Lauen-
der, Rosemary, &c. after a new and
excellent manner.*

HAuing a large pot containing
12. or 14. gallons with a Lym-
becke to it, or else a copper bodie
with a serpentine of 20. or 24. gal-
lons, and a copper head, beeing
such a vessell as is commonly vsed
in the drawing of Aqua vitæ, fill
two parts thereof with faire wa-
ter, and one other third part
with such hearbes as you would
distill; the hearbes beeing eyther
moist or drie, it skilleth not great-
ly whether: let the hearbes mace-
rate all night, and in the morning
begin your fire, then distill as be-
fore in Cinamon water, being
carefull to giue change of waters
to your colour alwaies as it nee-
deth: drawe no longer than you
feele a strong and sensible taste of
the

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the hearb which you distill, alwaies diuiding the stronger from the weaker, and by this meanes you shall purchase a water farre excelling any that is drawne by a common pewter Still: you may also gather the oyle of each hearbe, which you shall finde floating on the top or summitie of your water. This course agreeth best with such hearbes as are not in taste, and will yeeld their oyle by distillation.

12. How to make the salt of Hearbes.

BVrne whole bundels of dried Rosemary, Sage, Ilop, &c. in a cleane Ouen, and when you haue gathered good store of the ashes of the hearbe, infuse warme water vpon them, making a strong and sharp Lee of those ashes, then enaporate that Lee, and the residue or settling which you find in the bottom therof, is the salt which you seeke for. Some vse to filter this Lee
diuers

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diuers times before euaporation, that their salt may be the clearer & more transparant. This salt, according to the nature of the hearbe, hath great effects in phy sick.

13. Spirit of Honey.

PVt one part of Honey to 5. parts of water: when the water boy-leth, dissolue your Honey therein, skimme it, and hauing sodden an houre or two, put it into a wodden vessell, and when it is but bloud-warme, set it on worke with yeast after the vsuall manner of Beere and Ale: tunne it, and when it hath lyen some time, it wil yeeld his Spirit by distillation, as Wine, Beere and Ale will doe.

14. To distill Rose-water at Michaelmas, and to haue a good yeeld as at any other time of the yeare.

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IN the pulling of your Roses, first diuide all the blasted leaues, then take the other fresh leaues, and laie them abroad vpon your table or windowes with some cleane linnen vnder them, let them lie three or foure houres, or if they bee dewy, vntill the dew be fully vanished: put these Rose leaues in great stone pottes, hauing narrowe mouthes, and well leaded within, (such as the Goldfiners call their hookers, and serue to receiue their Aqua fortis, bee the best of all others that I know) and when they are well filled, stop their mouthes with good corkes, eyther couered all ouer with waxe or molten brimstone, and then set your pot in some coole place, and they will keepe a long time good, and you may distill them at your best pleasure. This way you may distill Rosewater good cheape. If you buy store of Roses, when you finde a glutte of them in the market, where.

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whereby they are sold for 7. pence or 8. pence the bushell: you then engrosse the flower. And some hold opinion, that if in the midst of these leaues you put some broken leauen, and after fill vp the pot with Rose leaues to the toppe, that so in your distillation of them you shal haue a perfect Rose vinegar, without the addition of any common vinegar. I haue knowne Rose leaues kept well in Rondlets that haue beene first well seasoned with some hot liquor & Roseleaus, boiled together, and the same pitched ouer on the out side, so as no ayre might penetrate or pearce the vessell.

15 A speedy distillation of Rose water.

STampe the leaues, and first distill the iuice being expressed, and after distil the leaues, and so you shall dispatch more with one Still, than others doe with three or foure

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four Stils. And this water is euery way as medicinable as the other, seruing in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill wine-vinegar or good Aligar, that may be both cleer and sharp.*

I Knowe, it is an vsuall manner, among the Nouices of our time, to put a quart or two of good vinegar into an ordinary leaden Still, and so to distill it as they doe all other waters. But this way I vitterly dislike, both for that heere is no separation made at all, and also because I feare, that the vinegar doth carry an ill touch with it, either from the leaden bottom, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large bodie of glasse with a head or receiuer, the same being placed in sand or ashes.

Note,

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Note, that the best part of the vinegar, is the middle part that ariseth: for, the first is faint & phlegmatick; and the last will taste of adustion, because it groweth heauie toward the latter end, and must be vrged vp with a great fire: and therefore you must now and then taste of that which cometh both in the beginning, & towards the latter end, that you may receiue the best by it selfe.

17. *How to draw the true spirit of Roses, and so of all other hearbs and flowers.*

Macerate the Rose in his owne Miuce, adding thereto, beeing temperately warme, a conuenient proportion either of yeast or ferment: leaue them a few daies in fermentation, till they haue gooten a strong & heady smell, beginning to incline toward vinegar: then distill them in balneo in glasse bodies luted to their helmes (happely a Limbeck

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beck will do better, and rid faster) and drawe so long as you finde any sent of the Rose to come: then redistill or rectifie the same so often till you haue purchased a perfect spirit of the Rose. You may also ferment the iuice of Roses only, and after distill the same.

18. An excellent Rosewater.

VPon the top of your glasse bodie, straine a haire cloath, and vpon that lay good store of Rose-leaues, either drie, or halfe drie: and so your water will ascend verie good both in smell and in colour. Distill either in balneo; or in a gentle fire in ashes: you may reiterate the same water vpon fresh leaues. This may also bee done in a leaden Still; ouer which, by reason of the breadth, you may place more leaues.

19. An.

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19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the iuice therof, set it on the fire, and giue it only a walme or two, then it wil grow clear: before it be cooled, poure away the cleered filter with a piece of cotten, & then euaporate your filtered iuice, till it come to a thick substance: and thus you shall haue a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eglantine, Gilliflowers, &c.*

DRie the hearbe or flower, and distill the same in faire-water
in

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in a Limbeck, draw no longer than you finde sent in the water that issueth, reiterate that water vpon fresh hearbes, and distill as before, diuiding the sweetest from the rest.

21. A Scottish handwater.

PVt Tyme, Lauender and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottome of a stone pot, vpon which make another lay of the said hearbs, and then a lay of Lees, and so forward: lute the pot well, bury it in the ground for vi. weekes, distill it, and it is called Dames water in Scotland: A little thereof put into a bason of common water, maketh verie sweet washing water.

22. How to draw the bloud of hearbes.

STamp the hearbe, put the same into a large glasse, leauing two parts emptie (some commend the juice

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juice of the herb onely) nip or else lute the glasse very well : digest it in balneo xv. or xvi. daies, and you shall find the same very red : diuide the watrish part; and that which remaineth, is the bloud or essence of the herb.

23. *Rosewater, & yet the Rose-leaues not discoloured.*

YOU must distill in balneo, and when the bottom of your pewter Still is thorow hot, put in a few leaues at once, and distill them: watch your Still carefully; and, as soone as those are distilled, put in more. I know not whether your profit will requite your labour, yet accept of it as a new conclusion.

24. *How to recouer Rosewater, or any other distilled water that hath gotten a mother, and is in danger to be musty.*

Infuse

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INfuse your water vpon fresh Rose leaues, or vpon Rose cakes broken all in peeces, and then after maceration for three or four hours with a gentle fire, redistill your water. Do this in a Limbeck, take heed of drawing too long for burning, vnlesse your Lymbeck stand in balneo.

25. *To draw both good Rosewater, and oyle of Roses together.*

AFter you haue digested your Rose leaues by the space of 3. moneths, *sicut ante, num. 13.* either in barrells or hookers, then distill them with fair water in a Limbeck: draw so long as you can find any excellent smell of the Rose, then diuide the fattie oyle that fleeteth on the top of the Rosewater, and so you haue both excellent oyle of Roses, and also good Rosewater together, and you shall also haue more water than by the ordinarie way,

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way : and this Rosewater extendeth farther in physicall compositions, and the other serueth best for perfumes and casting bottles. You may also distill the oile of *Lignum Rhodium* this way, sauing that you shall not need to macerate the same aboue 24. houres in your water or menstruum before you distill : this oile hath a most pleasing smell, in a manner equall with the oile of Roses.

F

Coo-



COOKERY AND Huswifery.

1. To souse a young Pig.

TAke a yong pig being scalded: boil it in faire water and white wine: put thereto some Bay-leaues, some whole Ginger, some Nutmegs quartered, and a few whole Cloues: boil it throrowly, & leaue it in the same broth in an earthen pot.

2. Aliter.

TAke a Pig being scalded: collar him vp like brawn, and lap your collars in faire clothes: when the flesh is boiled tender, take it out, and put

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put it in cold water and salt, and that will make the skinn white: make sowing drink for it, with a quart of white wine, and a pottle of the same broth.

3. To boile a Flounder or Pickrell of the French fashion.

TAKE a pinte of white wine, the tops of yong Thyme and Rosemary, a little whole Mace, a little whole Pepper, seasoned with veriuice, salt, and a peece of sweet butter, and so serue it: this broth will serue to boile fish twice or thrice in.

4 To boil Sparrows or Larks.

TAKE two ladles full of Mutton broth, a little whole mace: put into it a peece of sweet butter, a handfull of Parsly being picked: season it with sugar, veriuice, and a little pepper.

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5. To boile a Capon in white broth.

BOile your Capon by it selfe in faire water : then take a ladlefull or two of Mutton-broth, and a little white wine, a little whole Mace, a bundle of sweet herbs, a little marrow : thicken it with Almonds: season it with sugar & a little verjuice: boile a few Currans by themselves, and a Date quartered, lest you discolour your broth, and put it on the breast of your Capon, Chicken, or Rabbet: if you haue no Almonds, thicken it with creame, or with yolks of eggs, garnish your dishes on the sides with a Lemmon sliced, and sugar.

6. To boile a Mallard, Teale, or Wygen.

TAke Mutton-broth, and put it into a pipkin: put into the belly

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belly of the Fowl a few sweet herbs and a little mace: stick half a dozen of cloues in his breast: thicken it with a taste of bread steeped in verjuice: season it with a little pepper, and a little sugar; also one onion minced small is very good in the broth of any water-Fowle.

7. To boile a leg of Mutton after the French fashion.

TAKE all the flesh out of your leg of Mutton, or at the but end, preserving the skinn whole, and mince it small with Oxe-suet and marrow: then take grated bread, sweet Cream, and yolks of egges, and a few sweet herbs: put vnto it Currans, and Raisins of the Sunne: season it with Nutmegs, Mace, Pepper, and a little Sugar, and so put it into the leg of Mutton again, where you took it out, and stew it in a pot with a marrow-bone or two: serue-

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in the marrow-bones with the stewed broth & fruit, and serue in your leg of Mutton dry with carrier roots sliced, and cast grosse pepper vpon the roots.

8. To boile Pigs-petitoes on the French fashion.

BOile them and slice them, being first rouled in a little batter, your batter being made with the yolke of an egg, 2. spoonfulls of sweet cream, and one spoonfull of flower: make sawce for it with nutmeg, vinegar, and sugar.

9. To boile Pigeons with Rice.

BOil them in Mutton-broth, putting sweet herbs in their bellies: then take a little Rice, and boil it in cream, with a little whole mace: season it with sugar: lay it thick on
their

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their breasts, wringing also the iuice of a Lemmon vpon them, and so serue them.

10. To boile a chine of veale or chicken in sharp broth with herbs.

TAKE a little mutton broth, white wine and veriuycce, and a little whole mace: then take Lettuce, Spinage, and Parsley, and bruize it, and put it into your broth, seasoning it with veriuycce, pepper, and a little sugar, and so serue it.

11. To make Beaumanger.

TAKE the brawne of a Capon: tose it like wooll: then boile it in sweet Cream with the whites of two egges; and being well boyled, hang it in a cloth, and let the whey runne from it: then grinde it in an Alabaster mortar with a wooden pestell: then draw it thorough a thinn strainer

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with the yolks of two egges and a little Rose-water : then set it on a chafingdish with coals, mixing four ounces of sugar with it ; and when it is cold, dish it vp like Almond-butter, and so serue it.

12. To make a Polonian sawsedge.

TAKE the fillets of a hog : chop them very small with a handfull of red Sage : season it hot with ginger and pepper, and then put it into a great sheep's gut : then let it lie three nights in brine : then boile it, and hang it vp in a chimney where fire is vsually kept : and these sawsedges will last a whole yeere. They are good for sallades, or to garnish boyled meats, or to make one rellish a cup of wine.

13. To

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13. To make tender and dilicate browne.

PUt collars of brawn in kettles of water, or other apt vessels into an ouen heated, as you would for household bread: couer the vessels, and so leaue them as long in the ouen, as you would doe a batch of bread. A late experience amongst Gentlewomen far excellling the old manner of boiling browne in great and huge kettles. *Quere* if putting your liquor hot into the vessels, and the brawn a little boiled first, by this means you shall not giue great expedition to your work.

14. Paste made of fish.

INcorporate the body of salt fish, Stock-fish, Ling, or any fresh fish that is not full of bones, with crums of bread, flower, I singlasse,
F 5 &c.

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&c. and with proper spices agreeing with the nature of euery seuerall fish and of that paste, mould off the shapes and forms of little fishes; as, of the Roch, Dace, Perch, &c. and so by Art you may make many little fishes out of one great and naturall fish.

15. *How to barrell up Oysters, so as they shall last for six moneths sweet and good, and in their naturall taste.*

O Pen your Oysters: take the liquor of them, and mix a reasonable proportion of the best white wine vinegar you can get, a little salt, and some pepper: barrell the fish vp in small cask, couering all the Oysters in this pickle, and they will last a long time. This is an excellent means to conuey Oysters vnto dry townes, or to carry them in long voyages.

46. *How*

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16. *How to keep fresh Salmon a whole
moneth in his perfect taste and
delicacy.*

First, see the your Salmon according to the usuall manner: then sinke it in apt and close vessels in wine-vinegar, with a branch of Rosemary therein. By this means, Vintners and Cookes may make profit thereof when it is scarce in the markets: and Salmon, thus prepared, may be profitably brought out of Ireland, and sold in London or elsewhere.

17. *Fish kept long, and yet to eat short
and delicately.*

Fry your fish in oyle: some commend rape oil; & some, the sweetest Ciuill oile that you can get: for, the fish wil not taste at all of the oil,
because

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because it hath a watrish body, and oyle and water make no true vnity: then put your fish in white wine vinegar, and so you may keepe it for the vse of your Table any reasonable time.

18 *How to keepe roasted Beefe a long time sweet and wholsome.*

THIS is also done in Wine vinegar, your peeces being not ouer great, and well and close barrelled vp. This secret was fully proued in that honourable voyage vnto Cales.

19 *How to keepe powdered Beefe five or six weeks after it is sodden, without any charge.*

WHEN your Beefe hath beene well and thoroughly powdered by tenne or twelue dayes space, then seeth it thoroughly, dry
it

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it with a cloth, and wrap it in drie clothes, placing the same in close vessels and cupboards, & it wil keep sweet and sound two or three moneths, as I am credibly informed from the experience of a kinde and loving friend.

20. *A concept of the Au hors, how Beefe may be carried at the Sea, without that strong & violent impression of salt, which is vsually purchased by long and extreame powdering.*

HEere, with the good leave and fauour of those courteous Gentlewomen, for whom I did principally, if not only, intend this little Treatise; I will make bold to lanch a little from the shoare, and try what may bee done in the vast and wide Ocean, and in long and dangerous voyages, for the better preteruation of such visuall victualls, as for want of this skill doe

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do oftentimes meerly perish, or else, by the extreme pearcing of the salt, do lose euen their nutritiue strength and vertue ; and if any sature experience doe happen to controule my present conceipt, let this excuse a scholar, *quòd in magnis est voluisse satis*. But now to our purpose : Let all the bloud be first well gotten out of the Beefe, by leauing the same some nine or ten dayes in our vsuall brine: then barrell vp all the peeces in vessels full of holes, fastening them with ropes at the sterne of the ship, and so dragging them thorow the salt sea water (which, by his infinite change and succession of water, will suffer no putrefaction, as I suppose) : you may happely finde your Beet both sweet & sauoury enough, when you come to spend the same. And if this happen to fall out true vpon some tryall thereof had, then either at my next impression, or when I shall be vrged thereunto vpon any necessity of seruice, I hope

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to discover the means also whereby
euery ship may carry sufficient store
of victual for her selfe in more close
and conuenient cariages than those
loose vessels are able to performe.
But if I may be allowed to carry ei-
ther roasted or sodden flesh to the
sea, then I dare aduenture my poore
credit therein, to preserue, for six
whole moneths together, cyther
Beef, Mutton, Capons, Rabbits, &c.
both in a cheap manner, and as fresh
as we doe now vsually eate them at
our Tables. And this I hold to be a
most singular and necessary Secret
for all our English Nauie; which at
all times, vpon reasonable tearmes,
I will bee ready to disclose for the
good of my countrey.

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21. *How to make sundry sorts of most daintie Butter, hauing a liuely taste of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few dropps of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making vp of your Butter: for Oyle and Butter wil incorporate and agree verie kindly and naturally together. And how to make the said oyles, with all necessarie vessels, instruments, and other circumstances by a most plaine and familiar description; see my Jewel-house of Art and Nature, vnder the Title of Distillation,

22. *How to make a larger & daintier Cheese of the same proportion of milke than is commonly used or knowne by any of our best Dairy-women at this day.*

Hauing

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HAving brought your milke into curds by ordinary rennet, either breake them with your hands, according to the vsuall manner of other Cheeses, and after, with a fleeting dish, take away as much of the whey as you can; or else put the curds, without breaking, into your moat: let them so repose one houre, or two, or three; and then, to a Cheese of two gallons of milk, adde a weight of tenne or twelue pound: which weight must rest vpon a couer that is fit with the moat or case; wherein it must truely descend by degrees as you increase your weight, or as the curds doe sink and settle. Let your curds remaine so all that day and night following, vntill the next morning: and then turne your Cheese or curds, and place your weight again thereon, adding from time to time some more small weight, as you shall see cause. Note, that you must lay

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lay a cloth both vnder and ouer your curds at the least, if you will not wrap them all ouer, as they doe in other Cheeses, changing your cloth at euery turning. Also if you will worke in any ordinary moat, you must place a round and broad hoope vpon the moat, being iust of the selfesame bignesse, or circumference, or else you shall make a very thinne cheese. Turne these cheeses euery morning and euening, or as often as you shall see cause, till the whey be all runne out; and then proceed as in ordinary Cheeses. Note, that these moats would be full of holes, both in the sides and bottom, that the whey may haue the speedier passage. You may also make them in square boxes full of holes, or else you may deuise moats or cases, either round or square, of fine wicker; which, hauing wicker couers, may by some sleight be so staied, as that you shall
need

Cookery and Huswifery.

need onely morning and euening
to turne the wrong side vpward,
both the bottomes being made
loose, and so close and fitting, as
they may sinke truely within the
moate or mould, by reason of the
weight that lyeth thereon. Note,
that in other Cheeses the couer of
the moat shutteth ouer the moat :
but in these the covers descend and
fall within the moates. Also your
ordinarie Cheeses are more spon-
gious and full of eyes, than these,
by reason of the violent pressing
of them; whereas these cheeses set-
ling gently and by degrees, doe cut
as close and as firme as marmelade.
Also in those Cheeses which are
pressed out after the vsuall manner,
the whey that commeth from them
if it stand a while, will carrie
a creame vpon it, whereby the
Cheese must of necessitie be much
lesse, and, as I ghesse, by a fourth
part: whereas the Whey that
commeth from these new kinde of
Cheeses

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Cheeses is like fair water in collour, and carrieth no strength with it. Note also, that if you put in your curds vnbroken, not taking away the whey that issueth in the breaking of them; that so the cheeses will yet be so much the greater: but that is the more troublesome way, because the curds, being tender, will hardly endure the turning, vnlesse you bee very carefull. I suppose, that the Angelores in France may bee made in this manner in small baskets, and so likewise of the Parmeesan: and if your whole Cheeses consist of vnflattren milke, they will be full of butter, and eate most daintily, being taken in their time, before they be too dry: for which purpose, you may keepe them, when they beginne to grow dry, vpon greene rushes or nettles. I haue robbed my wiues Dairy of this secret, who hath hitherto refused all recompences that haue beene offered
her

Cookery and Huswifery.

her by gentlewomen for the same;
and had I loued a Cheese my self so
well as I like the receipt, I thinke I
should not so easily haue imparted
the same at this time. And yet I
must needs confesse, that for the
better gracing of the Title where-
with I haue fronted this pamphlet,
I haue been willing to publish this
with some other secrets of worth,
for the which I haue many times
refused good store both of crowns
and angels. And therefore let no
Gentlewoman think this Booke too
deare, at what price soeuer it shall
be valued vpon the sale therof: nei-
ther can I esteem the work to be of
lesse than twenty yeeres gathering.

23. *Clouted cream.*

TAKE your milk being new mil-
ked, and presently set it vpon
the fire from morning vntill the
cue.

Cookery and Huswifery.

euening, but let it not see the: and this is called my Lady YOUNG's clowted cream.

24. Flesh kept sweet in summer.

YOU may keep Veal, Mutton, or Venison in the heat of Summer ix or x. daies good, so as it be newly and fair killed, by hanging the same in an high and windy room (And therefore a plate cupboard full of holes, so as the winde may haue a thorow passage, would be placed in such a room, to auoid the offence of Fly-blowes) This is an approoued Seereet, easie & cheap, and very necessary to be knowne and practised in hot and tainting weather. Veale may be kept ten daies in bran.

25. Mustard-Meale.

IT is vsuall in Venice to sell the meal of Mustar in their markets,

as

Cookery and Huswifery.

as we doe flower and meale in England: this meale, by the addition of vinegar, in two or three daies becommeth exceeding good mustard; but it would be much stronger and finer, if the huskes or huls were first diuided by searce or boulder; which may easily be done, if you dry your seeds against the fire before you grinde them. The Dutch iron hand-mills, or an ordinary pepper-mill, may serue for this purpose. I thoght it very necessary to publish this manner of making your sawce, because our mustard which we buy from the chandlers at this day, is many times made vp with vile and filthy vinegar, such as our stomacks would abhorre, if we should see it before the mixing thereof with the seeds.

26. *How to auoid smoake in broyling of
Eaten, Carbonado, &c.*

Make little dripping pannes of
paper,

Cookery and Huswifery.

paper, pasting vp the corners with starch or paste: wet them a little in water (but Pope *Pius Quintus* his Cook will haue them touched ouer with a feather first, dipped in oyle or molten butter): lay them on your gridiron, and place therein your slices of bacon, turning them as you see cause. This is a cleanly way, and auoideth all smoke. In the same manner you may also broil thin slices of Polonian sawsedges, or great Oysters: for so were the Popes Oysters dressed. You must be carefull, that your fire vnder the gridiron flame not, lest you happen to burne your dripping pannes: and therefore all cole-brands are here secluded.

27. The true bottling of beer.

VVHen your Beer is 10. or 12 dayes olde, whereby it is growne reasonable cleare, then

Cookery and Huswifery,

then bottle it, making your corkes very fit for the bottles, and stoppe them close: but drinke not of this beere, till they begin to worke againe, and mantle, and then you shall find the same most excellent and spritely drinke: and this is the reason why bottle ale is both so windy and muddie, thundering and smoking vpon the opening of the bottle, because it is commonly bottled the same day that it is laid into the cellar, wherby his yeast, being an exceeding windy substance, being also drawn with the Ale not yet fined, doth incorporate with the drinke, and maketh it also very windy: and this is all the lime and gunpowder wherewith bottle ale hath beene a long time so wrongfully charged.

28. *How to help your bottles when they are musty.*

Some put them in an oven when
G the

Cookery and Huswifery.

the bread is newly drawne, closing
vp the ouen, and so let them rest till
morning. Others content them-
selues with scaulding them in hot
liquor only till they be sweet.

29. How to breake whites of egges speedily.

A Fig or two shred in peeces, and
then beaten amongst the whites
of egges, will bring them into an
oile speedily: some break them with
a stubbed rod: and some, by wring-
ing them often thorow a sponge.

30. How to keep flies from oyle- peeces.

A Line limed over, and strained
about the crest of oile-pieces or
pictures, will catch the Flies, that
would otherwise deface the pictures.
But this Italian conceipt, both for
the rarenesse and vse thereof, doth
please

Cookery and Huswifery,

please me aboue all other, viz. Prick a Cowcumber full of barly-cornes, with the smal spiring ends outward: make little holes in the cowcumber first with a wooden or bone bodkin, and after put in the grain: these, being thick placed, will in time couer all the Cowcumber, so as no man can discern what strange plant the same should be. Such Cowcumbers are to be hung vp in the midst of Summer roomes, to draw all the Flies vnto them, which otherwise would flie vpon the pictures or hangings.

31. To keep Lo'sters, Crasfishes, &c.
sweet and good for some
few daies.

THese kindes of fish are noted to
bee of no durability nor lasting
in warme weather: yet, to pro-
long their dayes a little, though
I feare I shall raise the price of
G 2 them

Cookery and Huswifery.

them by the discovery amongst the fishmongers (who, onely in respect of their speedy decay, doe now and then afford a penny worth in them) if you wrapp them in sweet & coorse rags first moistened in brine, and then bury these clothes in Callis sand, that is also kept in some coole or moist place: I know by mine owne experience, that you shall find your labour well bestowed, and the rather, if you lay them in severall clothes, so as one doe not touch the other.

3c. Diverse excellent kindes of bottle-ale.

I Cannot remember, that euer I did drinke the like Sage-ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of Sage with a quart of Ale, the same becing well brewed out of one pot into another,

Cookery and Huswifery

ther: and this way a whole Stand of
sage ale is very speedily made. The
like is to bee done with the oyle of
Mace or Nutmegs. But if you will
make a right Gossips cup that shall
farre exceede all the Ale that euer
mother *Bunch* made in her life
time, then in the bottling vp of your
best aile, runne half a pinte of white
Ipocrasse that is newly made, and
after the best receit, with a pottle of
Ale: stoppe your bottle close, and
drink it when it is stale. Some com-
mend the hanging of roasted Oren-
ges prickt full of Cloues in the ves-
sell of Ale till you finde the taste
thereof sufficiently graced to your
own liking.

33. *How to make wormewood wine
very speedily and in great quantity.*

TAke small Rochell or Coniack
wine, put a few drops of the

Cookery and Huswifery.

extracted oyle of wormwood therein : brew it together (as before is set downe in bottle-ale) out of one pot into another, and you shall haue a more neat and wholesome wine for your body , than that which is sold at the Stilliard for right wormwood-wine.

34. *Rose-water and Rose-vinegar of the colour of the Rose, and of the Cowslip, and Violet-vinegar.*

IF you would make your Rose-water and Rose-vinegar of a Rubie colour, then make choyce of the crimsin-veluet-colored leaues, clipping away the whires with a paire of sheers : and beeing thorow dried, put a good large handfull of them into a pint of Damask or red Rose-water : stop your glasse well, and set it in the Sunne, till you see that the leaues haue lost their colour: or, for more expedition, you may perform this work in balneo in a few hours ;
and

Cookery and Huswifery

and when you take out the old leaues, you may put in fresh, till you finde the colour to please you. Keep this Rose-water in glasse very well stopp'd; the fuller the better. What I haue said of Rose-water, the same may also be intended of Rose-vinegar, violet, marigold, and cowslip-vinegar: but the whiter vinegar you chuse for this purpose, the colour thereof will bee the brighter: and therefore distilled vinegar is best for this purpose, so as the same bee warily distilled with a true diuision of parts, according to the manner expressed in this booke in the distillation of vinegar.

35. To keep the iuyce of Oranges and Lemmons all the yeare for sauce, Inlepe, and other purposes.

Expresse their iuyce, and passe it thorough an Ipocrasse bagge, to clarifie it from his impurities:

Cookery and Huswifery.

then fill your glasse almost to the top : cover it closely, and let it stand so till it haue done boyling : then fill vp your glasse with good sallet oyle, and set it in a coole closet or butterie where no Sun commeth : the aptest glasses for this purpose, are straight vpright ones, like to our long beer-glasses, which would bee made with little round holes within two inches of the bottom, to receiue apt sawcets : and so the grounds or lees would settle to the bottom, and the oyle would sinke down with the iuyce so closely, that all putrification would be auoyded : or, in stead of holes, if there were glasse pipes, it were the better and readier way, because you shall hardly fasten a sawcet well in the hole. You may also in this maner preserve many iuices of herbs and flowers.

And because that profit and skill vnited do grace each other, if (curteous Ladies) you will lend eares, and follow my direction, I will heer furnish

Cookery and Huswifery.

furnish a great number of you (I would I could furnish you all) with the iuyce of the best Ciuill Oranges at an easie price: About All-hollantide, or soone after, you may buy the inward palp of Ciuill Oranges, wherein the iuyce resteth, of the comfic-makers for a small matter, who doe onely or principally respect their rindes, to preserve and make Orangedoles Michall: this iuyce you may prepare and reserve as before.

*How to purifie and give an
excellent smell and taste
vnto sallet oyle.*

PUt sallet oyle in a vessell of wood
or earth, hauing a hole in the
bottom: to euery foure quarts of
water, adde one quart of oyle, and,
with a wooden spoon or spatele,
beat them well together for a quar-

Cookery and Huswifery.

rer of an houre ; then let out the water, preventing the oyle from issuing, by stopping of the hole : repeat this work two or three times, and at the last you shall finde your oyl well clensed or clarified. In this maner you may also clarifie capons grease, being first melted, and working with warme water. All this is borrowed of M. Bartholomew Scapius, the Master-Cooke of Pope Pius Quintus his privie Kitchin. I thinke if the last agitation were made in Rose-water, wherein also Cloues or Nutmegs had beene macerated, that so the oyle would bee yet more pleasing.

Or if you set a Jarre glasse in balneo full of sweet oyle, with some store of bruised cloues, and rindes of Citrill Oranges or Lemmons also therein, and so continue your fire for two or three houres, and then letting the cloues and rindes remain in the oile, till both the sent & taste do please you; I think many

Cookery and Huswifery.

ny men which at this day do lothe
oyl (as I my self did, not long since)
would be easily drawn to a sufficient
liking thereof.

37. *How to clarifie, without any distil-
lation, both white and claret wine
vinegar for gellies or sauces.*

TO every six pints of good wine-
vinegar, put the whites of two
new-laid egges well beaten : then
put all into a new leaden pipkin, and
cause the same to boyle a little ouer
a gentle fire : then let it run thorow
a coorse gelly-bag twice or thrice,
and it will be very cleer, and keepe
good one whole yeare.

38. *To make a most delicate white
salt for the Table.*

First calcine or burn your white
salt,

Cookery and Huswifery.

salt: then dissolve it in cleere conduit water: let the water stand without stirring, forty eight houres: then carefully draw away all the cleere water only: filter it, and after evaporate the filtered liquor, reserving the salt. Some leave out calcination.

39. A delicate Candle for a Ladies Table.

CAuse your such Candles to be dipped in Virgin wax, so as their last coat may be meerly wax: and by this meanes you may carry them in your hand without melting, and the sent of the tallow will not break thorow to give offence: but if you would have them to resemble yellow wax-candles, then first let the tallow be coloured with Turmericke boyled therein, and strained: and after your Candles have beene dipped therein to a sufficient greatnesse, let them take their last coat

Cookery and Huswifery.

coat from yellow wax: this may be done in a great round Cane of tin-plate, hauing a bottome, and being somewhat deeper than the length of your candles: and as the wax spendeth, you may stil supply it with more.

40 *How to hang your candles in the
ayre without candlesticks.*

THis will make a strange shew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar bee conueied in the middest of euery week, and left of some length aboue the Candie, to fasten the same to the postes in the roof of your house; & if the room be any thing high roofed, it will bee hardly discerned, and the flame though it consume the tallow, yet it will not melt the wyer.

Cookery and Huswifery.

41. Rose-vinegar made in a

Macerate or steep Rose-leaves
in faire water: let them lie
therein till they wax sower in
smell, and then distill the
water.

SWEET

S V V E R T E P O W V V .
ders, oyntments,
beauties, &c.

1. An excellent damask powder,

You may take of yreos halfe a pound, Rose leaues 4 ounces, cloves one ounce, lignum Rhodium two ounces, Storax one ounce and a halfe, Muske and Civet of each 10 graines; beate and incorporate them well together.

2 An excellent hand water. or washing water very cheape.

Take a gallon of faire water, one handfull of Lauender flowers, a few. Clones. and some Orace pow-

Sweet powders.

powder, and foure ounces of Benjamin: distill the water in an ordinarie leaden Still. You may distill a second water by a new infusion of water vpon the feces: a little of this will sweeten a bason of faire water for your table.

*3. A ball to take out stains from
linnen.*

TAke foure ounces of white bread Sope: beat it in a mortar with two small Lemmons sliced, and as much rock Allome as an hazell nut: roule it vp in a ball: rub the staibe therewith: and after, fetch it out with warm water, if need be.

*4. A sweet and delicate
Pomander.*

TAke two ounces of Labdanum, of Benjamin and Storax, one ounce: musk, six graines: cinet, six graines:

Oynments, beauties, &c.

grains; Amber-grease, six graines;
of Calamus Aromaticus and Lignum Aloes, of each the waight of a
groat: beat all these in a hot mortar,
and with an hot pestell, till they
come to paste: then wet your hand
with Rose-water, and roule vp the
paste suddenly.

*5. To take stains out of ones hands
presently.*

YOU may do this with the iuyce
of Sorrell, washing the stained
place therein.

*6. To take away spo's and freckles
from the face or hands.*

THe sappe that isliueth out of a
Birch tree in great abundance,
being opened, in March or Aprill,
with a receiuer of glasse set vnder
the boring therof to receiue the
same, doth perform the same most
excellently,

Sweet powders,

excellently, & maketh the skin very cleer. This sap will dissolue pearie; a secret not known vnto many.

*7. A white fucus or beauty
for the face.*

THe iaw bones of a Hog or Sow well burnt, beaten, and searced thorow a fine Searce, and after, ground vpon a porphyrie or serpentine stone, is an excellent fucus, being laid on with the oyle of white poppy.

8. A delicate washing ball.

TAke three ounces of Orace, half an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Rose leaues, two ounces of Lauender flowres: beat all these together in a mortar, searcing them thorow a fine Searce, then scrape some
castill

Oyntments, beautes, &c.

castill sope, and dissolve it with some Rose-water, then incorporate all your powders therewith, by labouring of them well in a mortar.

9. Damask-powder.

TAKE five ounces of Orsce, two ounces of Cypresse, two ounces of Calamus, halfe an ounce of Cloues, one ounce of Benjamin, one ounce of rose leaues, one ounce of Storax calamitum, half an ounce of Spike-flowers: mix them well together.

*10. To keep the teeth both white
and sound.*

OF hony take a quart, as much vinegar, & half so much white wine: boyl them together, and wash your teeth therewith now and then.

11. To

Sweet powders,

*11. To allay heat, and cleere
the face.*

TAke three pints of conduit water: boyle therein two ounces of French barley: change your water, and put in the barley again: repeat this so long, till your water purchase no colour from the barley, but become very cleere: boyl the last three pints to a quart: then mix halfe a pint of white wine therein; & when it is cold, wring the iuyce of two or three good Lemmons therein, and vse the same for the Morpew, heat of the face or hands, and to cleere the skin.

23. Skin kept white and cleere

VVAsh the face and body of a sucking childe with breast-milke, or cow-milk, or mixed with water,

Oyntments, beauties, &c.

water, & every night: and the child's
skin will wax fair and cleere, and re-
sist Sun-burnings.

*13. An excellent Pomatum to cleer
the skinne.*

WASH Barrows grease oftentimes
in May-dew, that hath beene
clarified in the Sunne, till it bee
exceeding white: then take
Marshmallow rootes, scraping off
the outsidcs: then make thin slices
of them, and mix them: set them to
macerate in a seething Balneo, and
scumme it well till it bee thorowly
clarified, and will come to rope:
then strain it, and put now and then
a spoonesfull of May-dew therein,
beating it till it bee thorow cold in
often change of May-dew: then
throw away the dew, and put it in a
glasse, covering it with May-dew:
and so reserve it to your vse. Let the
mallow roots be two or three daies
dried

Sweet powders,
dried in the shade before you vse
them. This I had of a great Profesi-
sor of Art, and for a rare and dainty
Secret, as the best fucus this day in
vse.

*14. Another minervall fucus for
the face.*

Incorporate with a wooden pe-
stle, and in a wooden mortar,
with great labour, foure ounces of
sublimate, and one ounce of crude
Mercurie, at the least 6 or 8 houres
(you cannot bestow too much la-
bour herein): then, with often
change of cold water, by ablution in
a glasse, take away the salts from the
sublimate: change your water twice
euery day at the least: and in teuen
or eight daies (the more the better)
it will bee dulcified, and then it is
prepared. Lay it on with the oyle of
white Poppy.

15. To

Oyntments, beauties, &c.

15. To take away Chilblanes out
of the hands or feet,

BOyle halfe a pecke of Oats in a
quart of water, till they wex dry :
then hauing first annoynted your
hands with some good Pomatum,
and well chafed them, hold them
within the Oats as hot as you may
well suffer them, couering the bowl
wherein you put your hands, with a
double cloth, to keep in the steame
of the Oats. Do this three or foure
times, and you shall find the effect.
The same Oats will serue to be sod-
den with fresh water three or foure
times.

16 To help a face that is red
or pimpled.

Dissolue common Sale in the
Iuyce of Lemmons, and with a
linnen

Sweet powders,

linnen cloth pat the patients face
that is full of heat or pimples. It
cureth in a few dressings.

In A'iter.

Take of those little whelkes or
shells which some doe call ginny
money: wash five or six of them,
and beat them to fine powder, and
infuse the iuyce of Lemmons vpon
them, and it will presently boyle:
but if it offer to boyle out of your
glasse, then stop the mouth thereof
with your finger, or blow into it.
This will in a short time bee like an
ointment; with which you must an-
oint the heat or pimples of the face
oftentimes in a day, till you finde
help. As the oyntment dryeth, put
more iuyce of Lemmons to it. This
of an outlandish Gentlewoman, and
it is an assured remedy, if the heat
be not very extreme. Some haue
found by experience, that bathing
of

Oyntments, beauties, &c.

of the face with hote vinegar euery night when they goe to bed, doth mightily repell the humour.

Aliter.

Q Vilt bay sale well dried and powdered, in double linnen socks of a pretty bignesse: let the patient wear them in wide hose and shooes day and night, by the space of foureteene daies, or till hee bee well: euery morning and euening, let him dry his socks by the fire and put them on again.

This helped *M. Foster* an Essex man, and an Attorney of the common pleas, within these few yeares, but now deceased; whose face was, for many yeares together, of an exceeding high and furions colour, of my owne knowledge, and had spent much mony in physick without any successe at all, vntill hee obtained

H

this

Sweet powders,
this remedie. The Patient must not
take any wet of his feet during the
cure.

19. Aliter, & optime.

TAke halfe a pound of white di-
stilled vinegar, two new-laid
eggs with their shels, two spoonfulls
of the flowers of brimstone: let
these macerate in the vinegar by the
space of three daies: then take out
the egges, and prick them full of
holes with a needle, but not too
deepe, lest any of the yolke should
happen also to issue: let that liquor
also mix with the vinegar: then
strain all thorow a fine cloth, and
tye vp the brimstone in the cloth,
like a little ball: dip this ball in the
strained liquor when you vse it, and
pat it on the place three or foure
times every day: and this will cure
any red face in twelue or fourteene
dayes.

Oyntments, beauties, &c.

daies. Some doe also commend the same for an approued remedy against the morpew: the brimstone bal must be kept in some close thing from the ayre.

20. How to take away any pimple from the face.

Brimstone, ground with the oyle of Turpentine, and applyed vnto any pimple one houre, maketh the flesh to rise spongeous: which being anointed with the thick oyle of butter that ariseth in the morning from new milk sodden a little ouer night, will heale and scale away in a few daies, leauing a faire skin behinde. This is a good skinning salue.

Sweet powders,

21. *To help any Morphew, Sunne-bur-
ning, itch, or red face.*

STEEP two sliced Lemmons being
large and faire, in a pint of con-
duit water: leaue them foure or five
daies in infusion, couering the wa-
ter: then strain the water, and dis-
solue therein the quantitie of a hasell
nut of sublimatē (some hold a dram
a good proportion to a pinte of wa-
ter) finely powdred: let the patient
wet a cloth therein, and rubbe the
place where the grief is, euery mor-
ning and euening a litle, till the bew
doth please her: you may make the
same stronger or weaker, according
to good discretion.

22. *For the Morphew.*

TAKE a pint of distilled vinegar:
lay therein two new-laid egges
whole

Oyntments, beauties, &c.

whole with their shels, three yellow Dock-roots, picked and sliced, two spoonfulls of the flowers of brimstone: and so let all rest three daies, & then vse this liquor with a cloth, rubbing the place three or foure times euery day ; and in three or foure daies, it commonly helpeth : put some bran in y our cloth before you moisten your cloth therin, binding it vp in forme of a little ball.

This, of Master *Rich of Lee*, who helped himsele and a gallant Ladie therewith in a few daies.

23. To take away the freckles in the face.

W Ash your face, in the wane of the Moone with a sponge, morning and euening, with the distilled water of Elder-leaues, letting the same dry into the skinne. Your water must be distilled in May. This

Sweet powders,
from a Traueller, who hath cured
himselfe thereby.

24. To cure any extreme bruise, upon a
fore fall on the face, or any other
member of the body.

PResently after the fall, make a
great fire, and apply hot clothes,
one after another, without inter-
mission, the Patient standing neere
the fire for one houre and a halfe, or
till the swelling bee cleane abated.
This I knew prooued, with good
successe, in a maid that fell downe a
pair of stairs, whereby all her face
was extremely disfigured. Some
hold opinion, that the same may be
performed with clothes wet in hot
water, and then wrung out againe
before application. Then, to take
away the changeable colors which
do accustomably follow all bruises,
sbed the root of a green or growing
flower.

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flower-deluce: beat it with red rose water, and grinde it till it come to a salve: apply the same, and in few houres it takes away all the colors; but if it lye too long, it will raise pimples: and therefore so soone as the colours be vanished, immediately remove the salve.

25. How to keepe the teeth cleane

Calcine the tops and branches of Rosemary into ashes, and to one part thereof, put one part of burne Allome: mix them well together, and with thy finger, first moystened a little with thy spittle, rubbe all thy teeth over a pretty while every morning till they bee cleane, but not to galling of thy gummes: then suppe vp some faire water or white wine, gargling the same vp and downe thy mouth a
H 4 while

Sweet powders,

while, and then dry thy mouth with
a towell. This of an honest Gen-
tleman, and a painfull gatherer of
physicall receipts.

*26. Sweet and delicate dentifrices or
rubbers for the teeth.*

Dissolue in foure ounces of warm
water, three or foure drammes
of gumme Dragagant, and in one
night this will become a thicke sub-
stance like gelly: mingle the same
with the powder of Alabaſter fine-
ly ground and ſearced: then make
vp this substance, into little round
rolles, of the bigneſſe of a childeſ
arrow, and foure or fiue inches in
length. Also if you temper Roſet,
or ſome other colour (that is not
hurtfull) with them, they will ſhew
full of pleaſing veines. Theſe you
may ſweeten either with roſe water,
Cinnet, or Muſk. But if your teeth
bee

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bee very scaly, let some expert Barber first take off the scales with his instrument, and then you may keep them cleane by rubbing them with the aforesaid roules.

And here, by those miserable experiences, that I haue scene in some of my neereſt friends, I am enforced to admoniſh all Gentlewomen to be careful how they ſuffer their teeth to be cleaſed and made white with any *Aqua fortis*, which is the Barbers vſual water: for vnleſſe the ſame bee both well allayed, and carefully applied, ſhee may happen within a few dreſſings to bee forced to borrow a ranke of teeth to eate her dinner, vnleſſe her gummes do help her the better.

27. *A delicate Stone to ſweat in.*

I Know that many Gentlewomen,
As well for the clearing of their
H 5 skins,

Sweet powders,

skins, as clensing of their bodies, do now and then delight to sweat. For the which purpose, I haue set down this manner following, as the best that euer I obserued: Put into a brasle pot of some good content, such proportion of sweet herbs, and of such kinde as shall bee most appropriate for your infirmitie, with some reasonable quantity of water: close the same with an apt couer, and wel-luted with some paste made of flower and whites of Egges: at some part of the couer you must let in a leaden pipe (the entrance whereof must also bee wel-luted): this pipe must be conueyed thorow the side of the chimney, where the pot standeth in a thicke hollow stake of a bathing tub crossed with hoopes, according to the vsuall manner, in the top, which you may couer with a sheet at your pleasure. Now, the steam of the pot passing thorow the pipe vnder the halfe bottome of the bathing tub, which must bee bored full

Oyntments, beauties, &c.

full of bigge holes, will breathe so sweet and warme vapour vpon your body, as that (receiuing ayre, by holding your head without the tub as you sit therein) you shall sweate most temperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained vnder the pot for this purpose. Note, that the room would bee close wherein you place your bathing tub, lest any sudden cold should happen to offend you whil'st your body is made open and porous to the ayre.

28. *Diners sorts of sweet hand-
waters made suddenly or
extempore, with ex-
tracted oyles of
spices.*

First you shall vnderstand, that
whensocuer you shall draw any
of

Sweet powders,

of the aforesaid Oyles of Cynamon, Cloues, Mace, Nutmegs, or such like, that you shall haue also a pottle or a gallon more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea some doe keepe the same for their broths, wherein otherwise they should vse some of the same kinde of spice.

But if you take three or foure drops only of the oyle of Cloues, Mace, or Nutmegs (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse hauing a narrow mouth, till they haue in some measure incorporated themselves together, you shall find a very pleasing and delightfull water to wash with, & so you may alwaies furnish your selfe of sweete water of scuerall kind, before such time as your guests shal

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be ready to sit downe. I speake not here of the oyle of Spike (which will extend very far this way) both because euery Gentlewoman doeth not like so strong a sent, & for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge it to be the cheaper way, for that I assure my self there may be five or six gallons of sweet water made with one ounce of the oyle, which you may buy ordinarily for a great at the most.

29. An excellent Sweet water for a casting bottle.

TAKE three drammes of oyle of Spyke, one dram of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloues, then take one graine of Cloet, and three graines of the aforesaid composition well wrought together,

Sweet powders.

ther. Temper them well in a silver spoon with your finger : then put the same into a silver bowl, washing it out by little and little into the bowle with a little Rose-water at once, till all the oyle be washed out of the spoon into the bowl : & then do the like by washing the same out of the bowle with a little Rose-water at once, till all the sent be gotten out, putting the Rose-water still in a glasse, when you have tempered the same in the bowl sufficiently. A pint of Rose-water will bee sufficient to mingle with the said proportion: & if you finde the same not strong enough of the Civet, then you may to every pint put one graine and a halfe, or two graines of Civet to the weight of three grains of the aforesaid composition of oyles:

30. To colour a black hair presently into a Chestnut-colour.

This

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THis is done with oile of Vitriol:
but you must do it very careful-
ly not touching the skin.

31. A present and delicate perfume.

LAy two or three drops of liquid
Amber vpon a glowing coale, or
a peece of Lignum Aloes, Lignum,
Rhodium, or Storax.

32. To renew the sent of a Pomander.

TAke one grain of Ciuet, and
two of Musk, or if you double
the proportion, it will bee so much
the sweeter: grinde them vpon a
stone with a little Rose-water; and
after, wetting your hands with Rose-
water, you may work the same in
your Pomander. This is a sleight to
passe away an old Pomander: but
my intencion is honest.

Sweet powders,

*33. How to gather and clarifie
May-dew.*

WHen there hath fallen no raine
the night before, then with a
cleane and large sponge, the next
morning, you may gather the same
from sweet herbs, grasse or corne:
straine your dew, and expose it to
the Sun in glasses couered with pa-
pers or parchment prickt full of
holes; strain it often, continuing it
in the Sun, & in an hot place, till the
same grow white and cleare, which
will require the best part of the
Summer.

Some commend May-dew, gathe-
red from Fennell and Celandine, to
be most excellent for sore eyes: and
some commend the same (prepared
as before) aboue Rosewater for pre-
seruing of fruits, flowers, &c.

34. Diuers

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34. Divers excellent sents for gloues,
with their proportions and other cir-
cumstances, with the manner of per-
fuming.

THE Violet, the Orenge, the
Lemmon duely proportioned
with other sents, performe this well:
so likewise of Labdanum, Storax,
Beniamin.

The manner is this : First, lay
your amber vpon a few coales, till it
begin to crack like lime: then let it
cool of it self, taking away the coals:
then grinde the same with some yel-
low ocre, till you perceiue a right
colour for a gloue: with this mix-
ture wash ouer your gloue with a lit-
tle haire-brush vpon a smooth stone
in euery seame, and all ouer: then
hang your gloues to dry vpon a
line: then, with gumme Dragagant
dissolued in some Rose-water, and
ground with a little oil de Ben, or of
sweet

Sweet powders,

sweet Almonds vpon a stone : strike ouer your gloues in euery place with the gumme and oile so ground together : doe this with a little sponge, but bee sure the gloues bee first thorowly dry, and the colour well rubbed and beaten out of the gloue: then let them hang again till they be dry, which will bee in short time. Then if you will haue your gloue to lye smooth & faire in shew, go ouer it againe with your sponge, and the mixture of gumme and oile, and dry the gloue yet once againe. Then grinde vpon your stone two or three grains of good Musk, with halfe a spoonful of Rose-water; and with a very little peece of a sponge, take vp the composition by a little and a little : and so lay it vpon your gloue, lying vpon the stone. Picke and strain your gum Dragagant before you vse it. Perfume but the one side of your gloue at once, and then hang it vp to dry, and then finish the other side. Ten grains of Musk wil
giue

Oyntments, beauties, &c.

giue a sufficient perfume to eight
paire of gloues. Note also, that this
perfume is done vpon a thin Lambs
leather gloue: and if you work vpon
a Kids skin or Goats skin, which is
vsuall leather for rich perfumes,
then you must adde more quantitie
of the oyle of Ben to your gum, and
go ouer the gloue twice therewith.

35. Sweet bags to lye among linnen.

Fill your bags only with Lignum
Rhodium finely beaten, and it
will giue an excellent sent to your
linnen.

*36. To make haire of a saire yellow
or golden colour.*

THE last water that is drawn
from honey beeing of a deepe
redde colour, performeth the same
excellently.

Sweet powders,

excellently : but the same hath a strong sinell, and therefore must be sweetned with some aromatical bodie.

Or else the haire being first clean washed, and then moistened a pretty while by a good fire in warme Allome water with a sponge, you may moisten the same in a decoction of Turmerick, Rubarb, or the Bark of the Barberry tree : and so it will receiue a most faire and beautifull colour.

The Dogberry is also an excellent berry to make a golden liquor withall for this purpose: beat your Allome to powder; and when the water is ready to seethe, dissolve it therein: foure ounces to a pottle of water, will be sufficient: let it boyl awhile, strain it, and this is your Allome-liquor, wherewith you must first prepare the haire.

Oyntments, beauties, &c.

37. *How to colour the head or beard
into a Chestnut colour in halfe
an houre.*

TAKE one part of Lead calcined
with Sulphur, and one part of
quicklime: temper them somewhat
thin with water: lay it vpon the hair,
chasing it well in, and let it dry one
quarter of an houre or thereabout:
then wash the same off with fair wa-
ter diuers times; and lastly with
sope and water, and it will be a very
naturall hair-colour. The longer
it lyeth vpon the haire, the browner
it groweth. This coloureth not the
flesh at all, and yet it lasteth ve-
ry long in the hair, *Sapins
expertum.*

FINIS.





